



# SEE RESPECT AS JOB 1

The foundation of any healthy relationship is mutual respect. Mutual respect means you value and honor who the other person is as a human being – and that the other person values and honors who you are in the same way. We all have the right to be respected. Along with that right comes an obligation.

You have a right to be respected and you have an obligation to respect others. This “Get and Give” attitude should hold true for all your relationships . . . from people in your inner circle to someone you may have just met. With ABT, this “Get and Give” mindset becomes second nature to you.

For each attitude on the chart below, make a note of the reciprocal action you could take that reflects respect and that makes your respect visible to others. Make sure respect is the first asset you contribute to relationships that are just beginning and to relationships that are continuing to grow. Respect is Job 1.

## REFLECT RESPECT

Thoughts and feelings I have when I respect someone . . .

**Actions I could take to show respect to someone . . .**

That person is worthwhile

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That person is interesting

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That person is valuable

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That person is unique

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That person is amazing

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That person is incredible

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That person is different

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That person is surprising

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