

## KINDNESS AT HOME™ JOURNAL

### RESPECT • Week 4 • Ages 13-Adult

The past 3 weeks you have independently examined both how you treat yourself and how you treat others. You have worked towards increasing respect through both your words and your actions. This week it's time to put it all together as you catch others when they show respect.

Being kind and 'catching' others being respectful; to themselves, to others, to the space you share, can boost the overall level of respect in the home.

Remember, **Respect is treating people, places, and things with kindness.**

This week, try to catch each person in your home being respectful at least once. When you notice the GOOD, everyone feels encouraged!

### YOUR TURN

Journal Prompt this week:

**How will you let someone know that you 'caught' them being respectful this week? Think about the personalities in your home. Some people may feel embarrassed if you are too confrontational, while others may enjoy the public praise. Write about your plan below.**





