

Respect Yourself

Self-Respect

Having respect for *all* people means also having respect for yourself. First and foremost, true respect for others must begin with genuine respect for one's self. At the heart of a true sense of self-respect is a clear and healthy understanding of a person's own self-worth.

Realizing that each of us has an incredible amount of inherent value—based solely on the fact that each of us is a human being, and therefore, that each of us deserves to be treated as such and each of us owes it to ourselves and others to act as such—is the first step in developing self-respect.

Having Self-Respect

Having self-respect is about always carrying yourself with class. It means always acting with class, always talking with class, always walking with class, and always living with class.

Having self-respect is about recognizing your true value and inherent dignity as a human being. It is about realizing that all people, including yourself, are important and deserve to be regarded as such.

Having self-respect is about striving to be your best self at all times. It is about believing in, and working toward, your absolute full potential; it is about striving for personal excellence in all that you do. Essentially, self-respect is about always doing your best to be your best and to become your best.

“People with self-respect exhibit a certain toughness, a kind of moral nerve; they display what is called character—the willingness to accept responsibility for one's own life.”

~ Joan Didion

“Self-respect is the cornerstone of all virtue.”

~ John Herschel

Self-Respect Starts With You

Self-respect starts with you.

It starts with the way you think about yourself, the way you carry yourself, the way you talk about yourself and others, and the way you present yourself to others.

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Self-respect continues with you.

It continues with the way you continue to regard yourself, it continues with the way you continue to treat others, and it continues with the way that you carry yourself.

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Self-respect will only end with you.

Your self-respect will only end if you decide to make it end.

No one can take away your self-respect, and no one can take away your dignity.

You are in control of your own level of personal excellence;

you are the one who determines the level of class you show;

you are the one who dictates the amount of positive pride you have for yourself;

you are the one who decides the manner in which you live your life.

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Self-respect starts with you; self-respect continues with you; self-respect will last as long as you preserve it, and it will only end if you allow it to. Preserve your dignity.

Always keep your self-respect.

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Self-respect starts with you.

If you don't take yourself seriously, then no one else will either.

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***“Respect yourself
if you would have others respect you.”***

~ Baltasar Gracian

Always Carry Yourself With Class:
Take Pride In Who You Are

~ **Be Somebody** ~

The late, great Eddie Robinson summarized the nature of self-respect in a slogan he constantly preached to his student-athletes. Always one to stress the importance of carrying one's self with class, Coach Robinson tirelessly exhorted his young men:

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Look like Somebody.
Act like Somebody.
Talk like Somebody.
BE Somebody.

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Look Like Somebody: Take care of your overall appearance. Dress well, wear clothes that fit, wear your pants where they're supposed to be worn. Make a good first impression. Make a good lasting impression. Take pride in the way you look.

Act Like Somebody: Carry yourself with class at all times. Be respectful to all people, and be respectable in all situations. Do what is right, do what is best, and never accept anything less. Always be yourself, always take the high road, and always show class. Take pride in the way you act.

Talk Like Somebody: Speak appropriately; speak respectfully; be polite; use proper grammar. Talk like a respectable person, and people will think of you as a respectable person. Speak like an intelligent person, and people will think of you as an intelligent person. Speak properly and speak respectfully. Take pride in what you say, and in how you say it. Take pride in the way you talk.

Be Somebody: Strive to be your best in all that you do. Strive to give your best to others at all times. Become someone you can be proud of. Become someone others can be proud to know. Be somebody. Take pride in the way you carry yourself. Take pride in who you are. Take pride in who you are becoming.

~

Look like Somebody. Act like Somebody. Talk like Somebody.
BE SOMEBODY.

~ Always Carry Yourself With Class ~

The Essence of Class

Class has nothing to do with what kind of clothes you wear, what kind of car you drive, or how many possessions you have. Class is about how you carry yourself, how you think, and how you act. You can be broke and have all the class in the world. And you can have all the money in the world and still not have an ounce of class.

The Essence of Classy People

You can tell who classy people are, because they are the ones you look at and think to yourself, “Now there’s a person who carries himself the right way: he always takes the high road and says the right things, he always acts like the better man and does the right things, and he always handles situations in the right way.” Classy people are the ones you look at and think to yourself, “Now there’s someone I admire, there’s someone I respect, there’s someone I want to be like; and... if I had a daughter, there’s someone I would want my daughter to marry.

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Your actions echo your character;
they are for others the greatest representation
of who you truly are and what you really believe in.

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“Success—*the real success*—does not depend upon the position you hold,
but upon how you carry yourself in that position.”

~ *Theodore Roosevelt*

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~ A Great Thought On Self-Respect ~

“Self-respect is a sense of a reasonable measure of pride and dignity toward oneself. Possessing self-respect makes one more confident, competent, and courageous. Self-respect gives one the ability to live up to the highest of personal values. Respect is a key virtue we should practice in life, and we should always treat people with the respect that we would want in return. Self-respect is the key to making the right decisions in life. Learning to respect ourselves and to carry ourselves with class, will no doubt help us to make the right choices when we are faced with adversity in life.”

~ *Mary Kathryn Mason*

Your Worth As A Man

The Source of Your Self-Worth

In order to have a healthy and accurate sense of yourself, it is necessary first to understand the nature of your self-worth. In order to develop a positive and healthy self-image, you must first recognize the source of your self-worth—in other words, where it is that your worth as a person comes from. Both a positive sense of self and a healthy self-image are vital to developing and maintaining a proper self-respect.

In order to establish a sound sense of respect for yourself, you need to recognize and understand what it is that gives you value as a human being. You must realize what does and what does not determine your worth as a person. In other words: you must understand which things do—and do not—contribute to determining your value as a human being.

So, where exactly does your self-worth come from? What is it that actually contributes to determining your overall value as a human being? What exactly does and doesn't determine your worth as a person? Let's start with what it is that *doesn't* determine your worth as a person, and then we will take a look at what it is that actually does.

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What Doesn't Determine Your Worth as a Person

There are a lot of things we use to assess how important we think we are, how valued we think we are in the eyes of society, and how we feel about ourselves overall.

Unfortunately however, many of these so-called self-worth "barometers" are inaccurate gauges of our true value as individuals. Before we can understand where our worth as human beings comes from, we first must learn to recognize which things do not help constitute our value as people.

Your Worth Isn't Determined by Others: Your worth is not determined by what other people think of you, what other people say about you, or how other people treat you.

Your Worth Isn't Determined by Society: Your worth is not determined by how much money you make, what kind of clothes you wear, or what kind of car you drive.

Your Worth Isn't Determined by Your Career or Your Workplace: Your worth is not determined by the type of job you have, the number of sales you make, the size of desk you sit at in your office, whether or not you get that promotion, or whether or not you have a corner-office.

Your Worth Isn't Determined by Your Physical Prowess: Your worth is not determined by how attractive you are, how popular you are with members of the opposite sex, how much you can bench press, how much you look like the model on the cover of a magazine, or how you measure up to society's ideal body image.

Your Worth Isn't Determined by Your Athletic Prowess: Your worth is not determined by how many touchdowns you score, passes you complete, or tackles that you make on a Friday night. Your worth is not determined by how many times you get your name in the newspaper or by how many pats on the back you receive in the hallways at school. It is not determined by whether you play every play, both ways, as a starter... or, if you never get the chance to get in the game at all. (This may diminish your *recruiting* value, but it doesn't have anything to do with determining your value as a human being.)

Your Worth Isn't Determined by Your Status: Your worth is not determined by your accomplishments, nor is it determined by your lack of accomplishments. Your worth is not determined by your weekly tee-time at the local country club, nor is it determined by the type of school you go to, or by how prestigious of a school your children go to. Your worth is not determined by your place in the proverbial "pecking order" at work, at home, in school, at the country club, or any place else.

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What Does Determine Your Worth as a Person

~ If none of the previous things determines your value as a human being, then what exactly is it that *does* determine your worth as a person? When it comes right down to it, the answer to that question is very simple...

Your Worth Is Determined By Your Birth: Simply by being born into this world, you possess an incredible and undeniable value as a person—a value that can never be diminished in any way, by anything or by anyone.

Simply by being born into this world as a human being, you have an enormous and awesome worth as a person—a worth that can never be lessened in any way, and a worth that can never be taken away from you by anything or by anyone.

Your *worth* is determined by your *birth*. When you are born into this world, you bring with you an incredible amount of value as a human being. You enter this world with an enormous worth as a person, and that worth can never—and will never—decrease in its value. Nothing anyone says or does can lessen or take away your value as a person.

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"None of us come to this earth to gain our worth; we brought it with us."

~ Sherri Dew

Look The World Straight In The Eye

Look people straight in the eye when you talk to them and shake hands with them. Looking a person in the eye shows that you respect and value that person's presence and dignity. Looking someone in the eye shows that you respect and value yourself as well, and that you are fully aware of your own worth as a human being. Look upon others with respect and dignity; look upon yourself with respect and dignity as well. Look the world—and everyone in it—straight in the eye.

Look people in the eye when you talk to them: it shows people that you have enough respect for them to give them your full attention and focus, and it demonstrates to them that you have enough respect for yourself to know that you are equally deserving of that same amount of attention and focus.

~
*Have enough respect for others, and for yourself,
to look people in the eye when you talk to them.*
~

Look people in the eye when you shake their hand: it shows that you have enough respect for that person to look upon them with dignity and consideration. It also demonstrates to that person that you have enough respect for yourself to know that you are deserving of dignified and considerate treatment.

Look people straight in the eye: don't look above them, and don't look below them. Look them eye-to-eye. If you were to look up above someone's eye-level, it would show that they aren't important enough to you—that you view yourself as superior to them, and that you look at them as being inferior to you. If you were to look over someone's eyes, it would implicitly tell that person that you are *over-looking* them.

If you were to look below someone's eye-level, it would show them that you view them as superior to you—that you view yourself as inferior to them and to other people as well. If you were to look down at the ground, or around at other things below the other person's eye-level, it would implicitly tell them that you don't think highly enough to hold your head—and your eyes—high enough to at least be on the same level as other people. It would tell that person that you don't think of yourself as equal to others, or as deserving of as much respect as everyone else.

(Note: Some people may be much shorter or taller than you, so you may have to use your neck a little bit. Fortunately for you, however, your neck and your eyes are capable of moving and adjusting... so make sure that you move and adjust them as much as you need to, in order to be able to look other people—and the world—straight in the eye.)

~
*Have enough respect for others, and for yourself,
to look people in the eye when you shake their hand.*
~

**“Never bend your head. Hold it high.
Look the world straight in the eye.”**

~ Helen Keller

Who You Are Is More Important Than What You Have

At the end of the day—and during every single minute of it as well—who you are as a person is infinitely more important than what you have for possessions. Who you are as a man, what you believe in and what you stand for, how you carry yourself, and how you treat others is of much greater consequence than what you have in terms of material possessions.

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Your self-worth is more valuable than your material worth;
your value as a person is more important than your value as a purchaser.

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“Your self-worth is more important than your net-worth.”

~ Joe Ehrmann

Your self-value is more important than your material value; the value of your self-worth is more important than the value of your financial worth.

Your Personal Statement Is More Important Than Your Financial Statement

Your *personal* statement—what you believe in and what you stand for—is much more important than your *financial* statement. Your principles and your priorities are more significant than the price tag on anything that you, or money, can buy.

Your Personal Account Is More Important Than Your Bank Account

Your *personal* account—the way you carry yourself and the way you treat other people—is much more important than your *bank* account. Your words and your actions are more significant than any deposit that can be made or any amount that can be written on a check.

Your Qualities Are More Important Than Your Quantities

The qualities you possess as a person are far more important than the quantities of material things that you possess. What you stand for, what you believe in, the manner in which you carry yourself, and the manner in which you live your life are of far greater value than what you have and what you can buy.

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The *quantities* a person possesses are nowhere near as important as the *qualities* a person possesses.

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Be more concerned with the qualities of your life rather than with the quantities of it. Be more concerned with *who you are* and with *the way you are living your life* rather than with the number of material possessions that you can buy, or with the value of the price tags on the things you can afford.

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Always remember what really counts. Always remember what really matters.

“Not everything that counts can be counted, and not everything that can be counted counts.”

~ Albert Einstein

It's Not What You Have, But Who You Are... That Really Matters

Life is not about what you have; it's about who you are. What matters in this world is not what you have, what you can buy, what you can get, and what you can do for yourself. What matters in this world is *who you are, what you believe in and what you stand for, what you can do for others, and what you can do for the world you live in.*

It's not about what you have; it's about who you are...

It's not about what you have,

But about *who you are*.

It's not about what you obtain in terms of possessions,

But about what you maintain in terms of *principles*.

It's not about what you possess in terms of goods,

But about what you possess in terms of *qualities*.

It's not about what you choose to invest in,

But about what you choose to *believe in*.

It's not about what you are able to pay for,

But about what you are willing to *stand for*.

It's not about what you can do for yourself,

But about what you can *do for others*.

It's not about what you can get for yourself,

But about what you can *give of yourself to others*.

It is not about the success you can attain in your own life,

but about the *significance you create in the lives of others*.

It's not about what name you can make for yourself,

But about what *difference you can make for others*.

It's not about what kind of reputation you can create for yourself,

But about what kind of *character you can build for yourself*.

It's not about what type of fame you can acquire for yourself in the present,

But about what type of *legacy you can leave for yourself in the future*.

It's not about where you're from or where you've been,

But about *where you are going and who you are becoming*.

It's not about what may or may not be, or what others think or say you are,

But about who you *really* are, and who *you* think and say you are.

It's not about the amount of wealth you can acquire around yourself,

But about the amount of *worth* you learn to recognize *within* yourself.

~ It is not what you have, but who you are, that *really* matters.