

## **The Importance of Attitude and Self-Esteem**

Several years ago, a very famous and extensive study was performed by one of the United States' leading Ivy League universities. The goal of the research was to identify the single most important determining factor in a person's success.

In a survey of more than 500 of the world's most prominent individuals, researchers set out to determine the one characteristic that had the greatest role in creating these people's successes.

The study's participants included successful people from various industries and virtually all walks of life: ranging from the world's most successful C.E.O.'s and business executives, to some of the planet's greatest athletes, to some of the wealthiest and most accomplished individuals from around the globe. All these individuals were asked to identify what they thought was the single most important reason for their success in life. After all of the responses were compiled, and after all of the data was analyzed, the research team came to a very surprising and fascinating finding.

Of all the characteristics listed by those surveyed, one key trait overwhelmingly stood out... More important than a person's talent, more important than a person's intelligence, more important than an individual's circumstances, more important than a person's work ethic, and more important than genetics, luck, opportunity, or anything else... the one characteristic that had the greatest impact on an individual's success was determined to be ATTITUDE.

It is estimated that a person's attitude contributes almost 85% to a person's success rate. (85% ... that's a clear majority.) More so than talent, opportunity, intelligence, work ethic, money, circumstances, and luck... it is a person's attitude that has the greatest influence on determining whether or not a person will be successful or not.

*A successful attitude breeds a successful life.*

It is widely believed by scientists and psychologists that, of all the factors which influence a person's attitude, the single most important one of *them*... is SELF-ESTEEM.

*The more successful an individual's attitude, the more successful a person's life will be...  
A famous research study was conducted to identify the single most important determining factor in a person's success. After much investigation, researchers found that—more than anything else—a person's attitude was most responsible for creating his success in life...  
The more positive a person's attitude, the more positive things he will do in his lifetime.*

*~ A man's attitude and self-esteem play a vital role in determining a man's success in life. ~*

## **A Healthy Self-Esteem**

A healthy and positive self-esteem, along with an accurate sense of one's self-worth, are what form the foundations of a person's self-respect.

A healthy self-esteem means thinking about yourself in positive ways, speaking of yourself in positive ways, speaking *to* yourself in positive ways, and always believing in yourself. It means having high expectations for yourself, setting high standards for your life; it means encouraging yourself and affirming yourself, instead of putting yourself down or selling yourself short.

Equally as important, a healthy self-esteem means always believing in who you are capable of becoming—it is believing in your enormous potential to be successful in whatever it is you do, and to become great in anything and everything you wish to do. Having a healthy self-esteem means having a positive and unwavering belief in yourself; maintaining a healthy self-esteem means maintaining that strong confidence in your abilities. Having a healthy self-esteem means always believing in the best that is in you, at any given moment; it means always believing in your potential to be the best you that you can be in the future.

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*Understanding your inherent value as a human being, having a positive image of yourself, and maintaining a positive attitude toward yourself all create the foundation of a positive and healthy self-respect.*

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## **Understand the Nature of Self-Esteem**

Self-esteem is your attitude toward yourself: it is the way you think and feel about who you are, and what you are capable of doing. Self-esteem is your opinion about yourself, how you see yourself, and how you value yourself. Your self-esteem is shaped by what and how you think about yourself, by what and how you think about your circumstances, and also by what and how you continue to think about both.

Your self-esteem is also shaped, in part by what other people say to you and about you. The words and messages you receive from others, can have an influence on your own thoughts about yourself, as well as on the words and messages that you tell to yourself. That is one of the reasons why it is important to surround yourself with good people—positive individuals who are passionate about life and who have good, solid, and respectable character.

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*Self-esteem is what you think of yourself and how you think of yourself, what and how you think about your environment and circumstances. It is also shaped by other people's opinions and perceptions of you... however, it is not shaped by what they think or say, but rather, how you interpret what their opinions are or what they say. It is shaped by how you choose to let what other people think and say affect you—or not affect you.*

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Your life experiences, your thoughts and words, and the people you surround yourself with, will have the largest influence in determining your level of self-esteem.

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*~ A positive self-esteem creates a positive life. ~*

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## **People With A Healthy Self-Esteem**

*People with a healthy self-esteem are much more likely to develop the following positive aspects in themselves, to exhibit the following traits within themselves, and to experience the following positive aspects in their lives...*

~ People with a healthy self-esteem are more likely to develop healthy and meaningful relationships. They are more likely to surround themselves with quality people of good character.

~ People with a healthy self-esteem are more likely to feel good about themselves. They are more likely to have the self-confidence necessary to take worthwhile and calculated risks; and they are more likely to have the courage and conviction to be proactive and to take the initiative when the time calls for it.

~ People with a healthy self-esteem are more resilient than most: they are more likely overcome obstacles and to make it through hard times; they are more likely to grow from periods of difficulty; and they are more likely to learn from their mistakes and setbacks, because they are more likely to view those experiences as learning tools and guideposts for future success. People with a healthy self-esteem are more resilient when it comes to dealing with adversity, and are thus more able and likely to overcome it.

~ People with a healthy self-esteem are more positive and optimistic. They are also more focused and determined in the efforts they undertake. People with a healthy self-esteem create high expectations for themselves. They set lofty goals, they work hard toward accomplishing those goals, and they continue to work and persevere until they achieve the goals they have set for themselves.

~ People with a healthy self-esteem have a strong sense of purpose. They are driven and determined, they attack each day and each opportunity with passion and purpose. They have an unquenchable desire to get the most out of themselves and out of their lives. People with a healthy self-esteem are confident, yet humble. They have a strong sense of positive pride, yet they always do their best to remain modest and level-headed.

~ People with a healthy self-esteem are more likely to be responsible for themselves and to others, they are more likely to be accountable for their actions and for the effects of those actions on others, and they are more likely to be respected and trusted by others as a result.

~ People with a healthy self-esteem are more likely to possess the qualities of mental toughness and self-discipline. They are more likely to lead themselves effectively, and they are more likely to lead other people successfully.

~ People with a healthy self-esteem are more likely to have a high level of integrity. They are more likely to exhibit a greater level of commitment in all that they do, and they are more likely to succeed in anything and everything they do.

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***“People who feel good about themselves stand tall,  
hold their heads high, and are prone to succeed.” ~ Jean Conley***

## **The Importance of Self-Esteem and Self-Worth**

A person's self-esteem and sense of self-worth are vital to his success in life. Feelings of self-esteem and self-worth play a vital role in shaping a person's attitude and overall approach to life. Since it is an individual's attitude that has the greatest impact on a person's future development and achievements, an individual's self-esteem and sense of self-worth play a pivotal role in helping to determine a person's degree of success in life.

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A person's self-esteem and self-worth—and more importantly, his *sense* of self-worth—play a vital role in determining a person's attitude, and therefore, his success in life.

## **Understand the Nature of Self-Worth**

Your self-worth is your value as a person and your worth as a human being. It is constant and unchanging, and it cannot be dictated by anyone else or by anything else. Quite simply, you are born into this world with your self-worth—as all men and women are. You can neither increase its total value, nor can you decrease it either. It is fixed. Understanding the nature of your self-worth, valuing yourself for who you are and for what you are, and accepting yourself and responsibility for your life are all the keys to developing a strong and healthy self-respect.

## **Understand the Nature of Self-Image**

Your self-image is the picture you have of yourself. It is who you think you are, what you think you are capable of, and what you think you will become in the years ahead. It is who you see yourself as now, and who you can see yourself becoming in the future.

Your self-image is your self-concept: it is the concept you have of yourself, made up of the ideas you have about yourself, the attitudes you possess about yourself. Your self-image is formed by the way you think about yourself, by what you say about yourself and your circumstances, and also by what you do. It is constantly shaped and influenced by the way you think about yourself, by the decisions you make and the actions you take regarding your own life, and the hopes and dreams you have for your own future. In short, it is how you picture yourself, and how you picture the future for yourself.

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Your self-esteem largely determines your attitude toward yourself, your attitude toward your circumstances and experiences, and your attitude toward your future. Therefore, your self-esteem will largely determine your overall level of success in life.

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## People Who Have A Positive Self-Image

People who have a positive self-image walk tall, they hold their heads up, they make strong eye contact, they shake hands firmly, and they have the walk of a winner. People with a healthy self-image cultivate and maintain healthy relationships. They face adversity with resolve and determination; they are resilient and emotionally stable. They have a solid confidence in themselves, they know who they are, and they feel good about who they are.

People who have a positive self-image have a positive outlook on life. They are optimistic and enthusiastic; they radiate genuineness and sincere goodness. Such people have a solid grasp on reality and a high level of self-assuredness. As a result, they are able to remain resilient and strong in the face of life's obstacles and adversity. People who have a positive self-image possess a great degree of peace of mind: they are always at peace with themselves, with others, and with the world around them.

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*"Self-image is everything, everything." ~ Jean Conley*  
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~ Your self-image creates you: it determines what you think, what you say, what you do and how you act, and who you ultimately become. The good news is that you get to create your self-image in the first place.

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*"The self-image is the key to human personality and human behavior.  
Change the self-image and you change the personality and the behavior."*

~ Maxwell Maltz

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***"A person cannot consistently perform in a manner that is inconsistent with the way he sees himself... A human being always acts, feels, and performs in accordance with what he imagines to be true about himself and his environment... You act and feel, not according to what things are like, but according to the image your mind holds of what they are like.... You cannot consistently perform in a manner that is inconsistent with the way you see yourself."*** ~ Zig Ziglar

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***"A good self-image has a powerful impact on the quality of our lives, greatly affecting our level of confidence... It stands to reason that if we were to improve our perception, our sense of well-being would be significantly enhanced."***

~ Jean Conley

### What Really Matters In Life: What It's Really All About

It's not about what you look like, or how popular you are; it's not about how much money you make or how much you can afford to buy with that money; it's not about the value of your possessions, or about how much you value those possessions. It's about your own value as a person. It's about how much you value yourself. It's about how much you accept yourself. It's about how much you respect yourself.

Deep down, it's not about the amount of your material worth.

It's about the value of your self-worth.

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It's not about your reputation, but about your character.

It's not about what other people think or say you are, but about who you really are.

It's not about what other people think or say about you. It's about what you think of yourself, and what you know to be true about yourself.

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It's not about trying to be like someone else, but about doing your best to be yourself.

It's not about being better than anyone else, but about trying to be the best *you* that you can be. It's not about trying to please everyone and be like everyone else.

It's about being true to yourself. It's about being the best *you* that you can be.

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It's not about how many people you can get to like you, but about how much you can learn to like yourself and the person you are becoming. It's not about how many women you can get to love you or be with you. It's about how much you can learn to love yourself, and more importantly, to Respect Yourself.

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### Respect Yourself for Who You Are; Respect Yourself for Who You Can Become

*"Self-respect is the cornerstone of all virtue." ~ John Herschel*

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Self-respect is the one virtue that gives a man a reason and a desire to develop all other virtues. It is this developmental process by which a man not only becomes the best that he is capable of becoming, but the most honorable that he is capable of becoming as well.

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True self-respect exists when a man respects who he is, and more importantly, who he can become. A man possesses true self-respect when he realizes that he owes it to the world to develop himself to his full potential and to have the maximum impact which he is capable of having. A man also comes to have true self-respect when he understands that he owes it, first and foremost, to himself... to see how great he can become, how much he can accomplish in his lifetime, how much he can do and contribute in this world, and how wonderful a masterpiece he can make of his life.

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*To have true self-respect is to value yourself and your potential as a human being.*

## Value Your Dignity, and Protect It At All Costs

### **No One Can Take Away Your Dignity: It Belongs To You, and You Alone**

There are certain characteristics that we all possess—undeniable traits that each of us is born with and that no one can ever take away from us. One of these traits is **DIGNITY**. Your dignity is your self-respect and your sense of self-worth. It is the knowledge that you are positively unique, that you have your own special talents and abilities, and that everyone in this world is worthy of respect, including you.

Dignity revolves around the realization that all people deserve to be treated with humanity and fairness—that no one is any better or any worse than anyone else. Dignity is the proud but humble understanding that *you, yourself*, are no better than anyone else, nor are you any worse than anyone else either.

No one, and no set of circumstances, can strip you of your self-respect: it belongs to you, and you alone. You came into this world with your dignity. You should do everything you can to leave this world with it as well.

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*“One's dignity may be assaulted, vandalized and cruelly mocked,  
but cannot be taken away unless it is surrendered.”*

~ Michael J. Fox

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~ *No one can take away your dignity: it belongs to you, and you alone.* ~

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### **Your Self-Worth Never Changes, Just Your “Sense” of Self-Worth**

Your true self-worth never changes. It cannot be diminished, and it cannot be increased because it is already as great as it could be. Your self-worth is fixed and abundant. It's your *perception* of your self-worth, that sometimes changes. Your “sense” of self-worth can change. However, you must always remember that your *actual* self-worth will never change. Your actual self-worth remains the same, no matter what happens. Your “sense” of self-worth, however, is what changes. Your true self-worth is what you are born with: it's who you are and what you are. Your “*sense*” of self-worth is how *you think about* your value as a person—it's how you see yourself and how you perceive your own worth.

***Our true self-worth—our real self-worth—is constant. It never changes.  
Our actual self-worth as a human being is always the same. It's inherent, and  
nothing that happens to us, through us, or in us, can ever change it.***

When you find yourself thinking negatively about yourself or talking down to yourself, when you find yourself feeling down or discouraged, always remember that your self-worth is as great as anyone else's. Understand that you may be thinking or feeling differently—your sense of self-worth may be suffering or low—but your true worth is still as high and as great as the greatest of people. Just because your perception of your personal value may be low, does not change the fact that you are as valuable a human being as has ever lived.

## **Priceless Worth: What the Value of a \$20-Bill Can Teach Us About Our Own Value**

*(A story from an unknown, but very wise author)*

A well-known speaker began one of his seminars by holding up a \$20.00 bill. In a room of close to 200 people, the speaker asked, "Who would like this \$20 bill?" As you could imagine, about 200 hands went up. The speaker continued by saying... "I am going to give this \$20 to one of you but first, let me do this."

He then proceeded to crumple up the \$20 dollar bill. The man then asked, "Who still wants it?" Still, 200 hands went back up in the air.

"Well," the speaker replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He then picked it up—now crumpled and dirty—and asked... "Now, who still wants it?" Still, the hands went up.

The speaker then began to deliver the moral of his story. "My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20."

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Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what happens, no matter what already has happened, and no matter what will happen in the future... none of us will ever lose our value as a person.

A \$20-bill might get walked on, it might get stepped on. That bill might feel putdown and neglected. It might feel hurt and upset. It might go through tough times and feel down and discouraged, and even worthless. But, no matter what happens to it, deep down on the inside, that \$20-bill still possesses the same worth that it began its life with. No matter what it looks like, no matter what has happened to it, and no matter what other people think of it, that \$20-bill still has the same value that it always had. It's still worth \$20.

Dirty or clean, crumpled or neatly-folded, stepped on or straightened: *you* are still a priceless human being. After all, your worth as a person comes not from what you have, what you do, what you look like, or who you know. Your worth comes from who you are.

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### **Your Self-Worth... It's Not Like The Dow Jones: It Doesn't Go Up and Down**

Your self-worth is not like the stock market: it does not rise and fall with the economy. It doesn't go up and down each day; it doesn't go back-and-forth between good and bad. Your self-worth does not bounce up and down based on external forces, it does not rise and fall with your bank account, it does not change with your income statement, it does not fluctuate based on your mortgage rate, and it does not change with the interest rate or with your retirement plan. *Your self-worth is constant: it is always as high as it can be. And that will never change.*

### A Diamond In The Rough

Each of us has incredible value as a human being. By now, that should be apparent. Each of us has a diamond hidden inside us, much the way that a coal mine has those precious stones tucked away in it. And, just like a coal mine, no matter how rough and tough the circumstances or situations might get, those diamonds are always still there. Sometimes, they simply are buried away within the layers of the mine. But regardless, they are always there... diamonds in the rough.

Each of us has a diamond hidden inside us. However, many people fail to realize it. Unfortunately, many people never truly recognize their immense inner value, because it is buried away under so many layers of other things. People tend to focus on these other “layers” of the coal mine, and never dig deep enough into the depths of who they are to really understand their worth as a person.

What is even more unfortunate, is that some people continue to bury their precious diamond further and further, by heaping coal after coal of negativity and self-doubt upon it. By failing to accept themselves, respect themselves, and maintain a positive attitude toward themselves, many individuals keep piling up all the dust and ashes in their personal coal mine, and lose sight even more of the diamond within.

Each of us has a diamond hidden inside us. Those people who understand this and realize their true inner value, learn to embrace their self-worth and take care of it. Those people who understand what precious possession lies within them, and how important it truly is, learn to treasure and to protect that valuable diamond.

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*Each of us has a diamond hidden inside us.*

*Some people realize this and embrace it, and some individuals do not.*

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There are some people who understand their true worth as a person, and then there are some who do not. The difference between these two types of people is not the actual value itself—it is not that one has the diamond on the inside and that one doesn't: both indeed have precious diamonds hidden within. The only difference is that one type realizes it and the other does not.

Each of us has a diamond within us... even if it is a diamond in the rough. Regardless of whether you know it's there or not, that diamond is inside you. And no matter what happens to you in the present or in the future, that diamond will always be there. Your value as a person will never change. Your worth as a human being will never disappear. Even when you are going through the rough times in life, that diamond will always be there.

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We all have a diamond on the inside. No matter how rough our exterior might be, and no matter how difficult our external world may be, that diamond—*your diamond*—will always be there. You might as well realize it, and then begin to take care of it, protect it, and most importantly, treasure it.

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Recognize your true value as a person.  
Understand it, embrace it, and respect it.  
Guard it, take care of it, and protect it.  
Above all, treasure it.

## Carry Yourself With Class At All Times, *In All Ways*

### **Show Respect for Yourself by Showing Respect for Others:**

#### **Don't Use Negative Speech about Anyone, and Don't Speak Ill of Anyone**

We have all heard the saying: *If you don't have anything nice to say, then don't say anything at all.* It isn't just a cute phrase that our mothers try to teach us. It is a way of being polite and civil to other human beings. To put it simply, refraining from negative speech is a way of being respectful toward other people.

If you don't have anything nice to say about someone else, then do not say anything at all. And, if you cannot resist the temptation to speak... then talk about the weather... But don't bad-mouth someone else. Instead, look for something positive to say about a person, and if you cannot find anything positive, then either politely hold your tongue, or calmly change the subject. But do not speak ill of someone else. It isn't respectful, and it isn't nice. More importantly: it isn't classy, it isn't appropriate, and it simply isn't the right thing to do.

- ~ Have enough respect for *others* not to be disparaging. ~
- ~ Have enough respect for *yourself* not to be degrading. ~

### **Don't Use Hurtful Words:**

#### **For Your Sake, and For the Sake of Others**

We often hear the phrase "stooping down to a low level." What that quite literally means is that, whenever a person engages in hurtful language or making fun of another person, you are not only hurting another person, but you are also *lowering* your character.

When you "stoop down" to make another person look bad, or to harm another person's reputation, you are also making yourself look bad, and you are also damaging your own reputation as well. That is what is called a *double-whammy*... but not in a good way.

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***"Don't use destructive language: it hurts others as well as yourself."***

~ Hal Urban

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~ So, how does using disparaging remarks or hurtful words make you look bad? How does putting others down bring you down as well? Let us look at the ways:

When you put others down, or when you talk behind someone else's back, you implicitly let the people around you know that they probably can't trust you themselves. You essentially tell them that, since you will talk negatively about other people behind their back, that you also will likely speak negatively about virtually everyone else behind their backs as well. When you spend time trash-talking other people, you actually become less responsible and less productive in your own life, because you end up wasting your time pointing out other people's faults, rather than trying to identify and improve your own faults. You waste more time talking about other people's problems rather than working to solve your own, and you end up squandering your time and energy by worrying about other people's issues, rather than using that time and energy to effectively deal with and resolve your own issues.

When you constantly look down on other people and put other people down, you develop an arrogance and conceitedness in yourself, and you begin to think that you are above others and that you are better than other people. Essentially, you lose your humility. And when that happens, good things usually do not follow. As a matter of fact, whenever you lose your humility, you tend to invite negative events and circumstances into your life. After all, the world has a way of balancing itself out. Call it Karma, or call it “cause and effect,” but the truth of the matter is that, at the end of the proverbial day, each and every one of us is going to be humble. It is better to humble yourself, rather than to have someone else or something else come along and humble you the hard way.

Whenever you engage in negative talk about others, you become less accountable yourself, because you end up wasting your time and energy blaming other people, rather than taking responsibility for your own actions and for the consequences of your own actions. The result is that you end up becoming more careless in your decision-making and action-taking processes, and as a result of that, more and more people will begin to trust you less and less.

Whenever you speak poorly to or about others, you make yourself less intelligent of a person. Yes, when you lower yourself down to gossip to or about others, and when you lower yourself down to listen to gossip from others, you actually lower yourself and your own level of intelligence. This is because you are filling your mind with less intelligent thoughts, and, if the saying holds true that *we are what our thoughts make us*, then thinking less intelligent thoughts will make you a less intelligent person. At the very least, gossiping with and about others will make you more gullible of a person, because if you believe your own gossip and the gossip of others, then you will find it harder to gather the right facts and information when you need to make important and informed decisions, and you will find it more difficult to sort out the truth from the hearsay and lies, when the time comes to take appropriate actions.

Finally, and perhaps most importantly: whenever you put down other people, whenever you talk about other people behind their back, and whenever you spread gossip about other people, you injure your friendships with the people you are close to, and you prevent yourself from developing positive and real relationships with others in the future. After all, who would want to stay friends with someone who puts them down or who talks about them behind their back? And who would want to *become* friends with someone who does any of those things as well?

Ultimately, when you speak poorly of others, your friendships and relationships will suffer and become less meaningful, because the trust that others had for you will be diminished—or, more appropriately, lowered... along with yourself in the process. The amount and quality of your interactions with others will also diminish, as again, who really wants to spend time around someone who will put them down or talk about them behind their back? No one.

When you “stoop down” to make fun of others, you actually are stooping down in more ways than one. Not only will you be causing harm to that other person and bringing them down, but you also will be causing harm to your own character as well, and you will be bringing down your own reputation and self in the process. All areas of your life will suffer as a result, including the value of your friendships and relationships as well. This, in turn, will decrease your overall level of happiness. Or, should I say, it will *lower* your overall level of happiness... along with just about everything else as well.

## **Don't Put Others Down:**

### **For Their Sake, and For Your Own Sake As Well**

When you speak poorly about someone else, you are damaging two reputations: theirs, and your own. Putting someone down not only hurts the other person, but it reflects poorly on you as well. Not only does it make that other person look bad, but it makes *you* look bad as well. When you put others down, it lowers people's impression of you, and they will respect you less as a person for it.

You cannot bring another person down  
without taking yourself down with them.

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You cannot damage another person's reputation  
without harming your own in the process.

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*"Successful people do not engage in trash talk or unnecessary criticism. This is mostly because it is never beneficial to become known as the type of person who gossips or to gain a reputation as someone who is cruel. Therefore, refrain from saying things that are unnecessarily harsh, hurtful, or gossipy."*

~ Helen Eckmann

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## **Do Not Tolerate Negative Speech – Put A Stop to Put-Downs**

Don't tolerate even the smallest of disrespectful or unkind words... especially regarding people who are different than you, and especially regarding women. Don't take part in any hurtful conversations, in front of someone or behind someone else's back. It isn't respectful, it isn't kind, and it isn't nice. What's more, it isn't classy, it isn't appropriate, and it isn't respectable... and it simply is not the right thing to do.

*"Unfortunately, many people are not yet committed to the idea of refraining from negative speech. If you are in the presence of someone as they malign or slander someone, come to the rescue. Have the courage to speak up in defense of the person being spoken against."*

~ Rabbi Zelig Pliskin

## **It Takes Strength and Confidence to Build Up Others**

It does not take any strength or courage to tear people down. In fact, it requires a lack of strength and courage to tear other people down. What takes strength—real strength—is to build people up. It is to avoid making fun of or disparaging others, having the confidence to be secure enough in yourself that you respect yourself and others, and having the courage to want to help other people develop that same type of confidence in themselves and in their own lives.

People who are negative toward others are usually insecure about themselves in the first place. People who belittle the accomplishments of others usually are unsatisfied with their own accomplishments to begin with. People who make fun of other people's dreams usually do not have any worthy dreams of their own.

It is easier to tear down than it is to build up. The greatest strength, then, is found in those who have the courage to help build others up; the greatest weakness is found in those who lack the self-confidence to avoid bringing other people down.

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*“The one who disparages does so from his own weakness.”*

*~ The Talmud*

## **Help Build Self-Esteem In Others**

Why is other people's self-esteem important? Why should you invest the time and effort to help other people feel good about themselves? After all, what's in it for you?

A positive self-esteem helps to create a positive sense of self-worth. A positive self-esteem and a healthy sense of self-worth create the basis for a person's self-respect. Self-respect is a pre-requisite for overall respect: a person must have respect for himself before he can truly have respect for others. A person must have respect for others before he can treat others with respect.

If you want other people to treat you with respect, you have to help them learn to respect themselves first. The way to do that is to build them up—to help increase their self-esteem and positive self-image. The higher a person's self-esteem, the higher his self-respect will be. The more respect a person has for himself, the more respect that he will have for others.

If you want to make the world a more respectful place to live, you have to help build the self-esteem of as many people as you can. After all, the greater the amount of self-esteem in this world, the greater the amount of self-respect that there will be in this world as well. The more self-respect there is in this world, the more overall respect there will be in this world as a result.

### **Other People's Self-Worth**

Too often, we place an arbitrary value on others, based on their jobs or their income, based on what kind of car they drive or what kind of clothes they wear, based on how attractive they are or how athletic they are, based on how successful they are in school, jobs, and sports, and based on how popular or cool they appear to be.

We also tend to assign a value to others based on how valuable they are *to* us, based on what they can do *for* us. ***This is just plain wrong.***

***All people are valuable.*** All people have great value, regardless of what they drive, what they do, or what we think they can do for us. It's important that we recognize this. For, if we judge other people based on outwardly notions, then they too will judge us based on those same standards. If we want other people to acknowledge our true value as human beings—and treat us accordingly—then we must acknowledge their own true worth, and treat them accordingly as well.

### **Show Respect for Others, Show Respect for Yourself**

Accept others.

Accept yourself.

Value others.

Value yourself.

Appreciate others.

Appreciate yourself.

Recognize the good in others.

Recognize the good in yourself.

Find the best in others.

Find the best in yourself.

Be good to others.

Be good to yourself.

Take care of others.

Take care of yourself.

Be true to others.

Be true to yourself.

Be patient with others.

Be patient with yourself.

Encourage the positives in others.

Encourage the positives in others.

Affirm the good in others.

Affirm the good in yourself.

Be kind to others.

Be kind to yourself.

Love others.

Love yourself.

## Be Respectful and Be Respectable

### Be Respectful and Be Respectable ~ The Most Important Lesson In Life

#### **The Most Important Lesson In Life**

At one point in my life, I found myself thinking about all the valuable lessons I had learned up until that time. I began wondering about which of those lessons might be the most vital of all to living a right and honorable life. And so, I challenged myself to determine what the most important lesson in life was.

I asked myself, if I could pass along just one piece of advice to others—one simple lesson to live by—what would it be? In other words, what would I consider the most important life lesson?

After a great deal of thought, I came up with the answer to my question. I did my best to make it as compact and comprehensive as possible. After much contemplation, here is what I have decided upon:

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**Be respectful** to everyone you meet; **be respectable** in everything you do.

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~ If I could leave only one thought in the hearts and minds of others, that is what I would want it to be.

~

***“Respect for ourselves guides our morals;  
respect for others guides our manners.”***

~ *Laurence Sterne*

~ **We Are All Part of the Same Team** ~

We are all part of the same team, and therefore, we are all teammates.

We are all part of the same family, and therefore, we are all related in some way.

We are all linked together, whether we like it or not, as members of the human family.

That is the nature of life. That is the essence of humanity.

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In the world of sports, each team has rules, and chiefly among those rules is to treat all members of that team with respect: coaches, players, managers, trainers, starters, back-ups, benchwarmers, and mascots... *all* members.

In the world in which we live, there are rules that each of us must follow and abide by. Chiefly among those rules, as is the case with sports, is to respect all members of the network of people who call this Earth home, just as we do: men, women, young people and old people... *all* members.

Whether you agree with the rules or not, is irrelevant. You are here, you are a member of this team, and therefore, you must abide by the team's rules. None of us gets to make the rules; we simply get drafted onto this great big *team* of ours and then try to play it as well as we can. It is our job to do our best to abide by the rules of life. It is our task to do our absolute best to live our own lives the best way that we possibly can, and to help everyone around us live their lives as well as they can at the same time.

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~ **Respect all people.**

The success of a *team* is built on a foundation of respect.

The success of a *family* is built on a foundation of respect.

The success of a *society* is built on a foundation of respect.

The success of our *world* is built on a foundation of respect.

~ Now it is up to us to do the building.

## **Build A Better World**

### **Choose to Help Build a Better World**

When you choose to show respect to all people, you in fact are choosing to help make this world a better place. With every good word you speak, with every good choice you make, and with every good action you take, you are making this world a better and brighter place to live.

### **Choose A Lifestyle Of Respect**

Rather than being judgmental, choose to be tolerant.

Rather than being critical, choose to be accepting.

Rather than being disagreeable, choose to be understanding.

Rather than being angry, choose to be patient.

Rather than being bitter, choose to be forgiving.

Rather than being disparaging, choose to be encouraging.

Rather than being conceited, choose to be humble.

Rather than being offensive, choose to be courteous.

Rather than being rude, choose to be polite.

Rather than being harsh, choose to be kind.

~

**Choose a lifestyle of respect. Choose to be respectful to all people.  
Choose to be respectful at all times. Choose to be respectful in all ways.**

### **R. E. S. P. E. C. T.**

**R** ~ Recognize and appreciate the divine dignity that every human being possesses.

**E** ~ Embrace the wonderful differences and diversity among all people, and also make the effort to understand the many similarities we all share.

**S** ~ Smile and say hello to people in passing, reach out to others, and lend a helping hand whenever you can.

**P** ~ Practice patience, understanding, and forgiveness toward others...even when you don't feel like it... *especially* when you don't feel like it.

**E** ~ Educate yourself about other people's cultures, ethnicities, religions, and backgrounds.

**C** ~ Care for and about others by showing genuine concern and consideration at all times.

**T** ~ Treat people the way that you, yourself, would always want to be treated; and treat everyone you meet as if they were the most important person in the world at that time.

~

**Make respect an attitude.  
Make being respectful a way of life.**