



6 Signs that I show myself Respect

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There are few people who would consider respect to be unimportant. Almost without exception, everyone agrees that treating others with respect is important. So however, is treating yourself with respect. In fact, treating yourself with respect is going to make it more likely that you treat others with respect. And if you treat yourself with respect, you are more likely to have others treat you with respect in turn.

What are some of the signs that I practice self-respect?

1. When I respect myself I show respect to others. If you are shouting and screaming at other people, if you are dismissive towards them or put them down, in other words, if you are not showing respect to others, then you don't come across as someone who is showing themselves respect. When we respect ourselves we behave like decent people. To behave badly, lose the plot, scream and shout, not only harms those around us, but harms ourselves. We look ridiculous. We look pathetic. We come across as an adult behaving like a two-year old having a temper tantrum. Someone who behaves really badly clearly does not show respect for themselves.
2. When I respect myself I put my best self forward. Now this will be most of the time. We are human and so we cannot be perfect. We cannot always be at our best. But if we respect ourselves, then we respect ourselves enough to want to create a good and true impression of who we are. We think about who the best version of ourselves is, and we put that forward. If you are happy being unreliable, doing sloppy poor quality work, or always being at your worst, then you do not come across as someone who respects themselves.
3. When I respect myself I act with honesty and integrity. Quite simply, if you lie about yourself or circumstances, you don't respect yourself. You don't respect yourself enough to put forward the truth of who you are. Integrity means what I say and do are congruent. If you do not keep your word then you cannot be respecting yourself. People who truly respect themselves think themselves worthy of saying what they mean and doing what they say they will do.

4. When I respect myself I put personal boundaries in place and enforce them. If you respect yourself then you respect your time, your person, your space, and your energy. You will not allow others to trample all over you and your life. Self-respect means I set boundaries, communicate my boundaries and enforce them in a respectful way.
5. When I respect myself I take care of myself. If you are working yourself to death, not taking care of your health, having no time off, having no holidays, and not spending any time doing things that are fun for you, you are not treating yourself with respect. And eventually your body and mind will start to give up on you, manifesting as burnout and depression.
6. When I respect myself I am proactive not passive. That means I put in the work to know how I want to live my life, and then go ahead with actioning a plan to achieve what I want in life. I believe in myself. I believe I am worth a good life and actively take steps to create a good life for myself. I don't give up at the smallest obstacle. I stick it out, because I know good things come to those who persist.



A lot of people may think showing respect to yourself is easy. They may think it's about lots of self-care and pampering. And it does include this. However, self-respect is not easy to achieve. And in many instances it's very hard. It requires self-discipline. It includes having the discipline to manage your thoughts, feelings, and actions, no matter what others may say about you or do to you. It means you don't react to others, you don't play the victim, you don't give up when the going gets tough, you don't allow others to affect how you feel and run your life through their words and actions. It means you take charge of you. It means, no matter how hard it may be, you stay true to who you are. It is about self-leadership and self-mastery. And it is one of the core pillars on which true and lasting success is built.