

# ACT GOAL OF THE MONTH: RESPECT & ACCEPTANCE

"I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being." --Jackie Robinson

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." --Clint Eastwood

"If you have some respect for people as they are, you can be more effective in helping them to become better than they are." --John W. Gardner

"Respect... is appreciation of the separateness of the other person, of the ways in which he or she is unique." --Annie Gottlieb

*American Heritage Dictionary*

has nine separate definitions of the word respect. Here are three of them:

respect (v) To feel or show deferential regard for; esteem.

respect (v) To avoid violation of or interference with: respect the speed limit.

respect (n) A feeling of appreciative, often deferential regard; esteem.

How do YOU plan to show respect this month? How do you plan to show respect to yourself and others? How can you do incorporate this into your daily life, long after the month is over?

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"Acceptance is not love. You love a person because he or she has lovable traits, but you accept everybody just because they're alive and human." --Albert Ellis

"These years in silence and reflection made me stronger and reminded me that acceptance has to come from within and that this kind of truth gives me the power to conquer emotions I didn't even know existed." --Ricky Martin

"In my ideal world, no child would suffer. Charitable instincts would prevail. There would be global acceptance of all different types of people." --Clay Aiken

"Tolerance, compromise, understanding, acceptance, patience - I want those all to be very sharp tools in my shed." --Cee Lo Green

"There is no substitute for hard work, 23 or 24 hours a day. And there is no substitute for patience and acceptance." --Cesar Chavez

How can one be an accepting person? Don't pre-judge people or groups. Get to know someone as an individual before you decide whether or not you like them. Treat people the way that you want them to treat you. Stand up for people who are being treated with prejudice. Don't go along with the crowd when people are being unfair to someone.

What are some ways to show acceptance in your life? What are some ways that you have seen acceptance demonstrated?