RESPECT

Concept of Honesty

**Respect** - admire (someone or something) deeply, as a result of their abilities, qualities, or achievements

**Honesty** - behavior, in action and words, that aims to convey truth

One of the most sincere forms of respect is actually listening to what another has to say.

- Bryant H. McGill

**SELF REFLECTION CHALLENGE**

Name one person you respect

State why you respect them

Choose someone within your team that has earned your respect

Tell them why you respect them

Do you feel everyone deserves to be respected?

Is respect earned?

How do you respond to someone being disrespectful?

Within our team- are we respecting each other?

What can YOU do to earn the respect of your teammates and your competitors?

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I will do my part

**No matter the situation**

To ensure high character

**Every minute, hour, and day**

Giving of myself

Respecting the sports of Cheer and Dance

Investing in others

To leave All Star and our Program a better place for You