

# 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?



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

