

Respect Yourself (Grades 6-12)

Respecting yourself and thinking positively about your body, mind, skills, and situation is important to build happiness in your heart. This lesson will focus on ways to show respect to yourself, others, and your surroundings by being grateful for who you are and what you have.

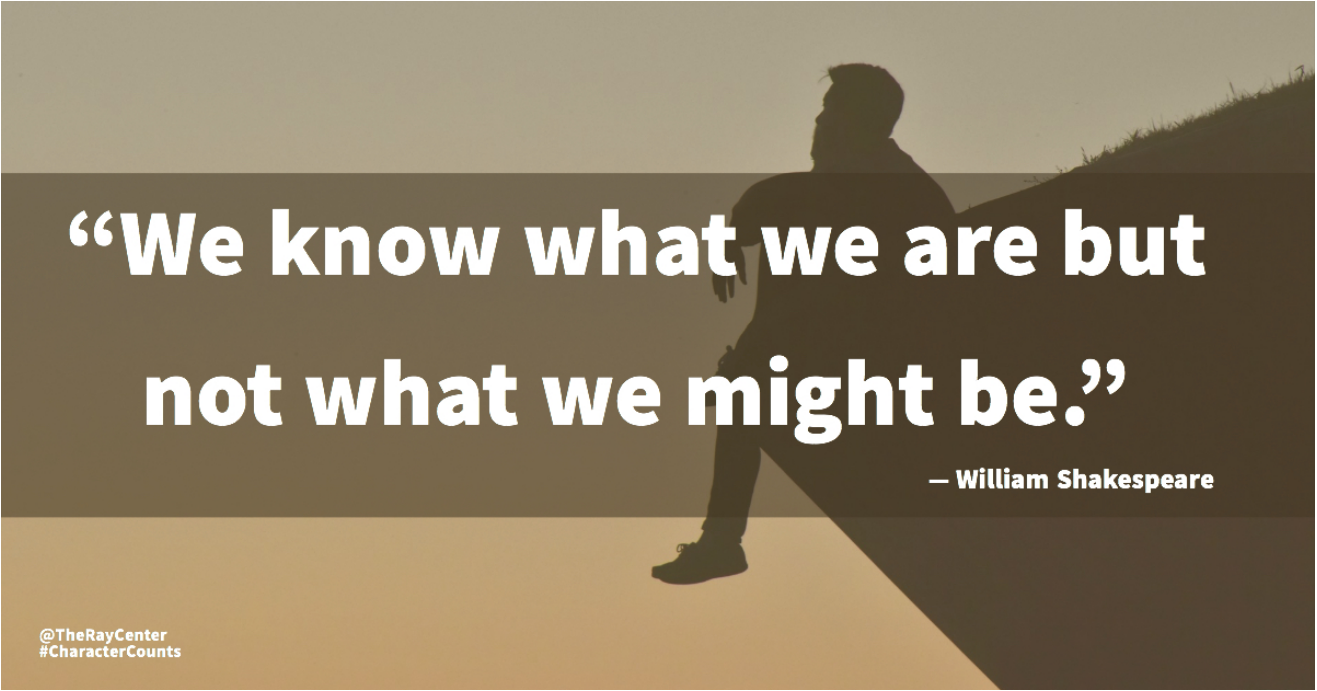
Leading a significant life

“Life’s most persistent and urgent question is: What are you doing for others?”

Get started

The way to get started is to quit talking and begin doing.
Character education quotations.

What we are



**“We know what we are but
not what we might be.”**

— William Shakespeare

@TheRayCenter
#CharacterCounts

The astrologer

Take care of the little things and the big things will take care of themselves.

The wise old owl

Listen before you speak. You may learn more that way.

Another goal, another dream

You are never too old to set another goal or dream a new dream. Character education quotations.

One thing

Do one thing everyday that scares you. Character education quotations.

Life lessons

There are no regrets in life, just lessons. Character education quotations.

The whole world



**"GIVE LIKE THE SUN
AND THE WHOLE
WORLD GROWS TALL."**

- UNKNOWN

**@THERAYCENTER
#CHARACTERCOUNTS**