



mSansi
RESPECTED

8-WEEK RESPECT JOURNEY™

WEEK 1

RESPECT YOURSELF



WEEK 1: RESPECT YOURSELF

Everything starts with you.

"I choose to become someone I can respect."

Respect starts with the person in the mirror. Take this week to build habits, make intentional choices, and become someone you can truly respect. Every meaningful journey begins with one person — you.

REFLECT

What habits are helping me?

What habits are hurting me?

What kind of person do I want to become?

THIS WEEK'S ACTION CHALLENGE

ACTION CHALLENGE

Complete one positive action every day for yourself — exercise, reading, prayer, learning a skill, eating healthier, or keeping your word.

7-DAY TRACKER

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Done ✓							

Tip: pair this with your Daily Respect Inventory each evening to keep your reflections and action steps in one place.