



mSansi
RESPECTED

8-WEEK RESPECT JOURNEY™

WEEK 5

SERVE OTHERS



WEEK 5: SERVE OTHERS

Respect grows when it is shared.

"I will make someone else's life better."

True respect is shown through how we treat and help others. This week is about looking beyond yourself and recognising that every person has value. You don't need a title to make a difference — every act of respect creates a ripple of change.

REFLECT

Who needs encouragement?

How can I serve without expecting anything back?

What gift or skill can I share?

THIS WEEK'S ACTION CHALLENGE

ACTION CHALLENGE

Perform at least three acts of service this week.

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.