



# CSSD LEADERSHIP PROGRAM

## Monthly Worksheet

# JANUARY: RESPECT

“I had never cared about acceptance as much as I cared about respect.”

– Jackie Robinson

### Respect- What Does It Mean?

When you respect someone, you care about how the person feels. You believe that the person’s ideas, thought and feelings are important. You believe that he or she deserves to be treated kindly and politely.

### How Can You Show Respect?

Use kind words and good manners.

Listen to what others have to say.

Follow the rules.

Appreciate differences among people.

Take care of other people’s property at school, home, and in the community.

Help others.

### Showing Respect

What are some ways that you can show respect for yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are some ways you show respect at the dojo?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

.....  
Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_