

30 Tips of Dignity & Respect

Practice the Tips!

Sometimes it's the smallest things that have the biggest impact. By practicing one of the 30 Tips of Dignity & Respect every day, each of us can make the world a better place for all to live—with all of our differences.

		<p>Tip 1 Sweat the small stuff. It's often the small things, such as being kind and courteous, that make a difference.</p>	<p>Tip 2 Smile. A smile can be contagious.</p>	<p>Tip 3 Be considerate. Your words and actions affect others.</p>	<p>Tip 4 Say "Hello." You could make someone's day.</p>	<p>Tip 5 Say "Thank you." Gratitude is a gift that's never too small to give.</p>
<p>Tip 6 Reinvent the wheel. Do something that hasn't already been done.</p>	<p>Tip 7 Be open. Try to experience new thoughts and ideas as learning opportunities.</p>	<p>Tip 8 Be flexible. Things don't always go as planned. Adapt to changing conditions when necessary.</p>	<p>Tip 9 Join the team. Do your part to support teamwork.</p>	<p>Tip 10 Be a relationship builder. Seek ways to expand your network.</p>	<p>Tip 11 Treat others the way they want to be treated. Find out what respect means to others.</p>	<p>Tip 12 Be culturally competent. Differences are barriers only if we allow them to be.</p>
<p>Tip 13 Break the ice. Start a conversation with someone new.</p>	<p>Tip 14 Demonstrate mutual respect. Inclusion means being respectful regardless of position or title.</p>	<p>Tip 15 Ask. It's okay to ask when you're not sure.</p>	<p>Tip 16 Find common ground. Discover what you have in common.</p>	<p>Tip 17 Communicate respectfully. It's not just what you say, but how you say it.</p>	<p>Tip 18 Practice patience. Take time to get the full story.</p>	<p>Tip 19 Seek understanding. It's better to not fully understand than to fully misunderstand.</p>
<p>Tip 20 Share your point of view. Everyone has a perspective. Let others benefit from yours.</p>	<p>Tip 21 Get someone else's point of view. After sharing your perspective, give others a chance to share theirs.</p>	<p>Tip 22 Lead the way. Let your inclusive behavior light a path for others.</p>	<p>Tip 23 Do the right thing. Be fair.</p>	<p>Tip 24 Listen. People feel respected when they know you're listening to their point of view.</p>	<p>Tip 25 Remember, we all make mistakes. Resist the urge to point out the ones others make.</p>	<p>Tip 26 Get involved. Make a difference. Get caught being good.</p>
<p>Tip 27 Become a mentor. You—yes, you—can help others realize their potential.</p>	<p>Tip 28 Take a healthy step. Do something good for your health and encourage a friend to join you.</p>	<p>Tip 29 Lend a hand. A little help can go a long way.</p>	<p>Tip 30 Be a champion of dignity and respect. Encourage others to do the same.</p>	<p>www.dignityandrespect.org</p>		