Handout B: Journaling

Answer the following questions in your journal, as you prepare to voluntarily share some of your responses in a class discussion.

1. In what situations in your own life have you had opportunity to demonstrate respect, perhaps under very difficult circumstances? To what extent have you done so?
2. To what extent are you currently cultivating respect for others to achieve your purpose?
3. To what extent and in what ways does your performance align with your identity and purpose? What are you currently doing to cultivate skills and interests that will connect today’s purposes with your long-term opportunity to enhance and protect the life and liberty of others?
4. How can genuine respect for others contribute to freedom for yourself and others?