



Respect-O-Meter: 7-Day Challenge

Instructions:

1. **Do one small act of respect every day** — a kind word, a helping hand, or simply listening with patience — whatever respect means to you!
2. **Jot down what you did and why** — small acts can make a big difference!
3. **Upload** your completed tracker by **31st March (EOD)**. Let us make respect a daily habit!

Example:

Date	(Respect) Action Taken	Why It Matters (How will it make a difference?)
25-Mar	Replied to a Slack message promptly	It shows responsiveness and builds trust within the team.
26-Mar	Listened actively without interrupting	Makes the other person feel valued and heard.
27-Mar	Apologized for a mistake	Builds accountability and strengthens relationships.

Reflection Question: What is one habit you will continue even after this challenge?





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