



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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