

IQ PRINCIPLE REFLECTION

Inuuqatigiitsiarniq: Respecting others, relationships and caring for people

Let's start with dropping your shoulders, relaxing your jaw and closing your eyes while taking a few deep breaths, open them when you feel ready to begin this page.

Respecting others, relationships in life and caring for others will mean something different to everyone. How we foster respect and care in our relationships to others and ourselves can often tell us what matters most in our lives.

Defining what it means to respect and care for others in a comfortable way that fits into our individual lives is important. Learning how we want to be respected and cared for can give us hints on how we'd like to share and embody our understanding of this principle within our relationships and communities.

What does respect mean to you? How do you foster respect and caring for others or yourself in day to day life? Take a few moments to reflect on these questions down below.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.