**Title: The Core Value: Respect**

Respect. Rodney Dangerfield, a stand-up comedian, was a master of the great one-liners. He was known for beating himself up, figuratively, on stage by saying “I don’t get no respect”. Often, he started his jokes with the line “I get no respect”, commanding great laughter.

How exactly does a person get respect? Show respect? Command respect? Be respected? Good thoughts with diverse answers. The word ‘respect’ reminds me of the word ‘culture’. We all know it, we all use it, but each one of us has a hard time to define it.

I just got home from seeing a documentary movie titled “Courier”. It is about a British agent that was a courier of documents from Russia to Britain before the Cuban Missile crisis when John F Kennedy was President of the United States. At a dinner conversation prior to the British agent’s recruitment, the salesman turned agent said, “Tell me what you need, I will listen, and we will sort through it”. The salesman was showing the British intelligence agency respect. He had no idea what and where the conversation was going but respectfully listened intently.

Respect comes from within our hearts and mind. First, each person should respect themselves. Respect frames our attitude toward others and towards different situations. Respect is a form of acceptance of someone, despite their differences in opinion. Respect is earned through friendship, built on trust, and reinforced by our actions. Understanding respect is essential in today’s world.

Respect can be shown by choosing your words carefully, listening intently, and exuding empathy. Word of the Day: respect, defined. Now use it in a sentence. The sentence “I don’t get no respect” does not count, noted the grammarian. In a sentence: Respect is a Toastmaster core value. How do you define respect?