

EKTIMIS.com Quote of the Month

Date January, 2011

“Just as a mirror reflects what stands before it, self-respect is a reflection of what lies deep within you.”

Everyday millions of us wake up and prepare to go to work, or go out to an event or venue. As we get ourselves ready, we take a periodic glance into the mirror to make sure we look our best—or at the least, presentable. Yes, the mirror is an indispensable tool that helps us achieve a variety of objectives—both vain and modest. And, the mirror never lies; even though there are many times we wished it did. What you see is what there is!

But, a mirror can only reflect what stands before it. It can only reflect the exterior of an object. What lies deep within the object, assuming a non-transparent one, is invisible to the mirror. And so, when a person meets you for the first time, what they see is little more than what a mirror would reflect.

However, there is a different kind of mirror and it is one that each person potentially has. It is a mirror that begins to forge from the day that you are born, and your parents and caregivers play a significant role in the way it evolves. It is indeed a natural gift, but some of us do not know how to use it or care for it—and others occasionally lose it. This powerful mirror is your self-respect.

Whereas a physical mirror reflects what lies outside you, your self-respect reflects what lies deep within you. Each category of [The Top Ten Laws of Respect](#) covers the topic of self-respect which I explore in my book series. If you wish to examine what lies beneath what you see in a mirror, spend some time assessing your self-respect—along each of the physical, spiritual, emotional, and mental dimensions, as well as your personal value system. You may be amazed at what you will find! What you will find is what there is!!!

(Comments are welcome at ektimis.com or at my Blog: <http://thetoptenlawsofrespect.wordpress.com>)

About the Author



Niyi Taiwo is the founder of EKTIMIS and the lead editor for the [EKTIMIS eLibrary articles](#). He is a speaker and the author of several books, including the [EKTIMIS Top Ten Laws series](#). He is a continuous improvement expert with over 21 years of industry experience – operational, management and consulting. He has been studying the topic of respect since 2004. He holds an undergraduate degree from WPI and a master's degree from RPI. He is an organizational improvement and diversity consultant, a certified Lean Expert and an ASQ-certified Six Sigma Black Belt.