

EKTIMIS.com Quote of the Month

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“Sometimes the simple word, 'No,' is a powerful measure of self-respect.”

No—one of the shortest and simplest words in the English vocabulary. It is also one of the words that many babies and toddlers learn to speak first—because it is one of the most commonly expressed words by parents to their infants.

In addition to its simplicity and conciseness, the word, “No,” is also:

- ◆ Clear — it is unambiguous. It means only one thing.
- ◆ Decisive — it conveys a sense of resolution.
- ◆ Declarative — it communicates a statement of opposition or rejection.
- ◆ Instructive — it establishes boundaries and limits.

But, the word carries more implication than these. This popular and often underrated word sometimes serves as a powerful measure—of self-respect. While everyone values respect, not everyone exhibits self-respect. In many situations in life the word, “No,” can project your degree of self-respect to others around you. If you wish to estimate your measure of self-respect, put yourself through the “if-would-you” test. Here are a few examples for starters:

If you were offered a work position for 25% more pay than you make in your current (or prior) job, but you'd have to report to a manager notorious for verbal abuse of subordinates, would you accept the offer? What if the offer was for 50% more pay, would you accept? How about 100% more pay?

If you were a passenger in a car with several of your friends, and you are stopped by a police officer because your friend—the driver—drove through a red traffic light; and your friend formulates a claim that he is in a rush to get you to a hospital because you are experiencing chest pains, even though you really are enroute to the local hospital to visit another friend who is ill, would you play along?

(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.