

## EKTIMIS.com Quote of the Month

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**“If you have little regard for yourself and choose to live by mediocre standards, how can you truly show respect for those who have high regard for themselves and choose to live by high standards?”**

**Standard**—a measure of quality or level of acceptance. I introduced this definition of a standard in each of my books on the topic of respect. Standards play a major role in our lives. They also play a significant role in the way we perceive other people. The following story serves as an illustration.

Toni and Michael volunteered to work as a team on a fundraiser project in their local community. The project would benefit the local high school mentor program—a cause near and dear to their hearts. One month into the project, the two prepared to make a presentation about the status of their efforts to the larger community group. As they reviewed their information the night before the presentation, an argument soon ensued. Michael wanted to inflate the projected funds raised by including expected contributions from individuals who had not made any commitment. He hoped to impress the group with their significant fund raising efforts in short time. Toni, on the other hand, did not want any uncommitted contributions included in the report. She thought it would be deceitful to employ such tactic.

Michael insisted on his approach, stating, “It’s okay Toni. No one will know. After all, we are not hurting anybody. We are only presenting a report — come on! We need to look good.” Toni replied, “No one may know, but we would!!” She would have none of it.

Clearly, Michael’s standard for honesty differs from Toni’s. Unlike Michael, Toni associates her standard for honesty with her measure of self-respect. I establish the relationship between standards and respect in [The Top Ten Laws of Respect](#) book series. Those who have little regard for themselves, by virtue of their lower standards, will have difficulty appreciating others who have a high regard for themselves by virtue of high standards. What are some of your standards?

(Comments are welcome at [ektimis.com](http://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.