

Get Me Some Respect

R-E-S-P-E-C-T: soul queen Aretha Franklin sang it best. Losing weight has a lot to do with respect. Do you respect people because they are thinner, while showing less respect for those with extra poundage? Are you shown less respect when heavier and more respect as you lose weight? There is something to be said for hard work, and losing weight and keeping it off is hard work.

It's easy to think, "Well, this is the way I am. Besides, it's hard for me to lose weight." Read that again: *I, me*. When a person focuses on themselves in an unhealthy way, they usually don't respect themselves and don't have the respect of those around them.

When you begin to respect yourself—which sometimes comes through hard work, whether at losing weight or other accomplishments—you create an aura around you and people follow your lead. When you respect yourself to stand up for yourself or do the right thing or say the right thing, you come out the winner.

If you don't respect yourself, who will? If you don't have confidence in yourself, who will? No matter what has happened to you in the past, today is a new day. It's time for a little R-E-S-P-E-C-T.