

# Building the Skill of Honor (Additional Reps)

## Objective:

The goal of this document is to help you build the skill of HONOR by providing you with additional, repeatable repetitions. To do that, we must learn how to identify a person's value and then **reveal** their value to them and or others, in a **positive** way.

## Process:

To identify a person's value and then reveal their value to them in a positive way, we will review your previous week and look at times when you did honor someone and when you may have missed an opportunity to honor someone. Finally, we will look ahead to the upcoming week and anticipate ways you can honor people in your life.

- Helpful Tips
  - To honor is not always about applause. You can honor someone while having nothing worth celebrating. Having a challenging conversation is a way to honor someone.
  - This document includes some actions you can take to honor people, either verbally or non-verbally. Feel free to use these actions as a guide to help you honor people
  - When building the skill of honor, ask the question, "What needs to be highlighted, illuminated, or celebrated in this person's life right now?"

## Payoff:

Building the skill of honor will help you improve your relationship with others and yourself. Your relationships will improve because people will feel genuinely valued by you as you take the time to notice meaningful things about people. Your relationships can also improve because you tell people what they need to hear, not just what they want to hear.

## **Building this skill will allow you to remove negative behaviors such as:**

- Alienated: feeling isolated in places where you should belong
- You dishonor people
- Don't like yourself
- Inarticulate: hard to communicate how you feel about others

## **Building this skill will allow you to implement or improve positive behaviors such as:**

- Articulate: able to communicate how and what you feel about others
- You honor people
- Intimacy: you can get close to others and build genuine relationships
- You like yourself



**Here are a few actions you can take to honor people:**

Verbal	Non-Verbal
Thank them for doing a specific task	Write a note highlighting an action someone did
Thank them in front of others	Send a letter in the mail letting someone know that you love them simply for who they are. In the letter you describe who they are.
Start your meetings off by honoring someone	Send an email congratulating someone
Tell someone something you like about them	Write a review of their service
Thank a business for doing a good job	Refer a business to someone
Publicly share with others what another person has done, or what they mean to you	Throw someone a party
Have a hard conversation with someone about a troubling issue	Pray for a friend who is battling an ongoing sin

**Additional Resources:**

Video Playlist; [https://youtube.com/playlist?list=PLfi2FKt-hTKZ9h1jbjPV2XMslH\\_4dz5wK](https://youtube.com/playlist?list=PLfi2FKt-hTKZ9h1jbjPV2XMslH_4dz5wK)

Remember to **pray** and ask God to help you with this skill.

**If you need help answering the questions** you can always download my answers from the website to give you a point of reference.



## Reflection

Reflect on your previous week and identify areas where you honored or failed to honor someone appropriately.

### Relationships:

Friends  
Coworkers  
Supervisors  
Members of your community  
Spouse  
Children  
Immediate Family  
Extended Family

### Family:

Identify moments over the previous week where you appropriately honored someone in **your family**.

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Identify moments over the previous week where you failed to honor someone in **your family**.

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For the opportunities you missed at honoring people, how would you honor them if you had another chance?

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**Yourself:**

Identify moments over the previous week where you appropriately honored **yourself**.

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Identify moments over the previous week where you failed to honor yourself.

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For the opportunities you missed at honoring yourself, how would you honor yourself if you had another chance?

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**Work:**

Identify moments over the previous week where you appropriately honored someone **at work**.

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Identify moments over the previous week where you failed to honor someone **at work**.

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For the opportunities you missed at honoring people, how would you honor them if you had another chance?

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**Community:**

Identify moments over the previous week where you appropriately honored someone in **your community**.

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Identify moments over the previous week where you failed to honor someone in **your community**.

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For the opportunities you missed at honoring people, how would you honor them if you had another chance?

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# Anticipation

Anticipate opportunities to honor people in your upcoming week.

## Relationships:

- Friends
- Coworkers
- Supervisors
- Members of your community
- Spouse
- Children
- Immediate Family
- Extended Family

## Family:

Identify moments in the upcoming week where you could honor someone in **your family**.

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How will you honor the person highlighted above?

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What obstacles could prevent you from honoring the person you highlighted above?

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How can you overcome these obstacles?

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**Yourself:**

Identify moments in the upcoming week where you can honor yourself.

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How will you honor yourself?

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What obstacles could prevent you from honoring yourself?

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How can you overcome these obstacles?

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**Work:**

Identify moments in the upcoming week where you could honor someone **at work**.

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How will you honor the person highlighted above?

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What obstacles could prevent you from honoring the person you highlighted above?

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How can you overcome these obstacles?

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**Community:**

Identify moments in the upcoming week where you could honor someone in **my community**.

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How will you honor the person highlighted above?

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What obstacles could prevent you from honoring the person you highlighted above?

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How can you overcome these obstacles?

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