

<p>The following tips highlight how you can incorporate acts of dignity and respect in everything you do. By practicing a tip each day, we can all work to achieve a more inclusive community.</p>		<p><b>Tip 1</b> <b>Sweat the small stuff.</b> It's often the small things, such as being kind and courteous, that make a difference.</p>	<p><b>Tip 2</b> <b>Smile.</b> A smile can be contagious.</p>	<p><b>Tip 3</b> <b>Be considerate.</b> Your words and actions affect others.</p>	<p><b>Tip 4</b> <b>Say "Hello."</b> You could make someone's day.</p>	<p><b>Tip 5</b> <b>Say "Thank you."</b> Gratitude is a gift that's never too small to give.</p>
<p><b>Tip 6</b> <b>Reinvent the wheel.</b> Do something that hasn't already been done.</p>	<p><b>Tip 7</b> <b>Be open.</b> Try to experience new thoughts and ideas as learning opportunities.</p>	<p><b>Tip 8</b> <b>Be flexible.</b> Things don't always go as planned. Adapt to changing conditions when necessary.</p>	<p><b>Tip 9</b> <b>Join the team.</b> Do your part to support teamwork.</p>	<p><b>Tip 10</b> <b>Be a relationship builder.</b> Seek ways to expand your network.</p>	<p><b>Tip 11</b> <b>Treat others the way they want to be treated.</b> Find out what respect means to others.</p>	<p><b>Tip 12</b> <b>Be culturally competent.</b> Differences are barriers only if we allow them to be.</p>
<p><b>Tip 13</b> <b>Break the ice.</b> Start a conversation with someone new.</p>	<p><b>Tip 14</b> <b>Demonstrate mutual respect.</b> Inclusion means being respectful regardless of position or title.</p>	<p><b>Tip 15</b> <b>Ask.</b> It's okay to ask when you're not sure.</p>	<p><b>Tip 16</b> <b>Find common ground.</b> Discover what you have in common.</p>	<p><b>Tip 17</b> <b>Communicate respectfully.</b> It's not just what you say but how you say it.</p>	<p><b>Tip 18</b> <b>Practice patience.</b> Take the time to get the full story.</p>	<p><b>Tip 19</b> <b>Seek understanding.</b> It's better to not fully understand than to fully misunderstand.</p>
<p><b>Tip 20</b> <b>Share your point of view.</b> Everyone has a perspective. Let others benefit from yours.</p>	<p><b>Tip 21</b> <b>Get someone else's point of view.</b> After sharing your perspective, give others a chance to share theirs.</p>	<p><b>Tip 22</b> <b>Lead the way.</b> Let your inclusive behavior light a path for others.</p>	<p><b>Tip 23</b> <b>Do the right thing.</b> Be fair.</p>	<p><b>Tip 24</b> <b>Listen.</b> People feel respected when they know you're listening to their point of view.</p>	<p><b>Tip 25</b> <b>Remember, we all make mistakes.</b> Resist the urge to point out the ones others make.</p>	<p><b>Tip 26</b> <b>Get involved.</b> Make a difference. Get caught being good.</p>
<p><b>Tip 27</b> <b>Become a mentor.</b> You-yes, <i>you-can</i> help others realize their potential.</p>	<p><b>Tip 28</b> <b>Take a healthy step.</b> Do something good for your health and encourage a friend to join you.</p>	<p><b>Tip 29</b> <b>Lend a hand.</b> A little help can go a long way.</p>	<p><b>Tip 30</b> <b>Be a champion of dignity and respect.</b> Encourage others to do the same.</p>	<p><a href="http://www.dignityandrespect.org">www.dignityandrespect.org</a></p>		