

What does COURTESY mean to you? _____

There are two ways we can demonstrate COURTESY to others: through our words and our actions. What are some words or phrases we can use to show COURTESY, and when do we use them?

WORD/PHRASE	WHEN USED

Oftentimes, COURTESY is used as a way of expressing gratitude. It doesn't always involve holding a door for someone or letting someone who's in a hurry go first. What are some things that you can do every day to show COURTESY to the people you're around the most?

There are certainly some ways we can act with COURTESY towards people in general. As martial artists, we should always treat other people with COURTESY (which doesn't stop us from defending ourselves if THEY choose to be... discourteous). Why? _____

Take a day, and really be aware of the COURTESY you show to others, in both your words and actions. For that day, write down the things that you did and said that showed COURTESY to others. You can use the back if you need to: _____

