

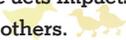
COMPASSION IN ACTION



Compassion in action is the understanding of a problem or the suffering of another and acting to solve the problem or alleviate the suffering. When you show compassion in action, you step outside yourself to do something to connect with and help others.

Every day you can show compassion in action in little and big ways. Here are some action steps to practice compassion in action in your life!

**COURAGE + GRATITUDE + FORGIVENESS +
COMPASSION IN ACTION = CHOOSING LOVE**

MON	TUE	WED	THU	FRI	SAT	SUN
Write down the word Compassion and use words and images to show what it means to you.	Take the time to really listen to someone today. Lend an ear and an open heart.	Change an angry thought to a loving thought. 	Practice deep breathing today. As you breathe in and out, imagine letting go of anger and filling your heart with love and Compassion.	Help someone with a problem today! 	Write down 3 causes you care about. Then write down ways you can help these causes.	Practice Self-Compassion. Care about yourself today. Do something kind for you.
Pick 3 Random Acts of Kindness to carry out today. Note how carrying out these acts impacts you and others. 	Teach someone the Choose Love Formula today!	If you see others alone or left out, engage and include them. 	Share smiles with everyone you meet today!	Watch this Compassion in Action Video: https://youtu.be/cAFq6PcFYgI Share it with someone! 	Reach out to someone you love who you haven't spoken with in a while. Let them know you care! 	No negatives today- Let every word you say be kind and positive!
Help someone with a problem today! 	Give out compliments freely today! 	Practice Self-Compassion. Make a list of the 10 things you love about yourself!	Help a charity/cause in some way today! 	Replace an angry thought with a loving thought.	Teach someone the Choose Love Formula today!	Write down kind messages on post-its and leave them all over for others to find! 
Make a new friend today!	Pause before you speak and act today. Let Compassion shape your words and actions.	If you notice someone seems upset, ask them if they are OK. 	Reach out and help a stranger.	Write and give a letter to a special friend and let them know you are there for them! 	Say something to make someone smile!	Look for only good news today. Find examples of people showing Compassion in Action.
Connect with someone new today! 	Practice Self-Compassion. Do something special for yourself today!	Make a simple gift for someone and give it to them.	From this day on, let the Choose Love Formula guide your actions, choices, and thoughts. 			