

AUGUST 2017

POWERFUL PROJECT

COMPASSION

Teens & Adults



First & Last Name: _____

The Powerful Word of the month is compassion. Compassion refers to the emotion we feel when we see others suffering and we want to help them. Studies tell us that those who practice compassion make people happy and are happier themselves. The Dalai Lama said it like this; “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Below, think through 2 ways that you have practiced compassion and how it affected both them and you. Write it as if you were talking to someone who looks to you for guidance.

A compassionate act I have done is: _____

It helped others in the following way(s): _____

Showing compassion in this way affected me by: _____



A compassionate act I have done is: _____

It helped others in the following way(s): _____

Showing compassion in this way affected me by: _____

