



Monthly Journal

Key Teachings on Compassion

- True compassion meets others in their pain and offers a hand for them to rise up.
- True compassion does not judge.
- True compassion requires that you be comfortable with your own painful emotions so that you are capable of being fully present with another.

Questions for Reflection

1. What emotions do I fear experiencing that limit my ability to be compassionate?

Step into your role in the grand design

Questions for Reflection, cont'd.

2. Has there been a situation that I labeled the worst experience of my life, only to realize later the gifts it offered me?

3. How can I cultivate self-compassion?

Notes

Week 1:

Week 2:

Week 3:

Week 4: