

# EMBRACE KINDNESS

&

# COMPASSION

*How to create the world you want  
to live in by being nice.*

Workbook

[www.SelfPathFinder.com](http://www.SelfPathFinder.com)

*Jackie Massey*

# Introduction

Hello! This is the companion journal to the *Embrace Kindness & Compassion* eBook. It's designed to be a supplement to the material you find in the eBook and to provide you with prompts for further reflection on the subject matter.

It's my hope that this eBook and journal will help to provide you with a guide on kindness. I encourage you to return to its pages whenever you need some motivation in compassion. You'll be able to skim through for suggested random acts of kindness when you're feeling stuck.

Don't feel pressured to take in all this information at once. Take time to contemplate the message and to find ways to integrate it into your own life. Becoming kinder and more compassionate won't happen overnight. With some regular practice and reinforcement, you'll soon find it second nature to reach out to others with care.

Use this journal as you practice compassion and kindness. Enjoy this journey. You're well on your way to creating a happier, kinder existence for yourself and those around you.

# The Importance of Kindness & Compassion in Today's World

In a world of political strife and divisiveness, kindness and compassion are more important than ever.

People tend to use the terms “kindness” and “compassion” interchangeably. While they are related and similar in meaning, there is a difference.

## **About Kindness**

Kindness involves being friendly, generous, and considerate to someone else; it's an activity, action, or deed.

Kind is also a characteristic.

*How have you been kind lately?*

---

---

---

---

---

---

*How has someone shown kindness to you lately?*

---

---

---

---

---

**About Compassion**

Compassion goes deeper than kindness. You can be kind without having compassion. A compassionate person understands the suffering of another, and they want to alleviate that discomfort.

*How have you shown compassion lately?*

---

---

---

---

---

---

---

---

*How has someone shown you compassion lately?*

---

---

---

---

---

---

---

---

## Compassion can be Learned

We've already discovered that kindness and compassion can be contagious. When people witness or are recipients of such acts, they often are motivated to pass on the good will. These are also skills that can be learned.

*What are some ways you can practice more kindness and compassion with those around you?*

---

---

---

---

---

---

---

---

*What are some ways you can show more kindness and compassion **to yourself**?*

---

---

---

---

---

---

---

---

*Can you think of a time when you witnessed kindness or compassion in action and it inspired you to be more kind or compassionate?*

---

---

---

---

---

---

---

---

### **How Compassion and Kindness can Change the World**

It may be more important now than ever before to work to re-introduce these principles back into the world. I believe we can do that by modelling them to those around us. Each individual can contribute to the spread of care and generosity.

This all may seem like an oversimplification, but it's not, really. Every bit of kindness and compassion you put out into the world has the potential to affect many people. If we all keep that in mind moving forward, I believe we truly can change the world.

*Can you think of a time when you were kind or compassionate to a stranger? How did that feel?*

---

---

---

---

---

---

---

---

*Can you think of a time when you were the recipient of a random act of kindness or compassion from a stranger? How did it make you feel? Were you inspired to continue the kindness?*

---

---

---

---

---

---

---

---

*Brainstorm some ideas for showing kindness and compassion out in the world to strangers or people you see daily: (the first couple are done to start you off!)*

- Smiling at someone on your commute/at the grocery store
- Give an extra tip to your barista

---

---

---

---

---

---

---

---

# The Change Starts with You

As you saw in the previous chapter, kindness and compassion are incredibly powerful. They have the potential to do so many good things, from bringing happiness to improving relationships. When you offer good will to others, the effects can be remarkable. So, why not show yourself that same kind of grace?

## Be Kind to Yourself

Just as being kind and compassionate toward others can have profound effects, the same outcomes are possible when you offer yourself such consideration. When you cut yourself some slack and provide yourself with ample praise, you'll discover your entire mood and attitude may shift.

*In what areas of your life do you need to show yourself more kindness and compassion?*

---

---

---

---

---

---

---

---

---

---

*If you have been working on being kind to yourself, have you noticed a difference in your attitude or stress levels?*

---

---

---

---

---

---

---

---

*If you haven't been working on it lately, I challenge you to start now. Make sure to come back to this journal and write down the changes and improvements you've noticed:*

---

---

---

---

---

---

---

---

### **How to Embrace Self-Love**

When people think of self-care, things like nutrition and getting enough sleep may come to mind. While that's part of the process, it goes deeper than simply taking care of your physical self. Making an effort to meet your own emotional, mental, and spiritual needs is also crucial to self-compassion.

*When can you set aside time in your day for yourself? Schedule "Me Time" you're your daily plans.*

---

---

---

---

---

---

---

---

*What are some things you can do for yourself each day? Journal, enjoy a cup of tea, bath, etc:*

---

---

---

---

---

---

---

---

---

---

*List some positive messages to give yourself when you're having a tough time:*

---

---

---

---

---

---

---

---

---

---

*What would you like to reward yourself with for accomplishing tough tasks, or special treats you can gift yourself as part of your self-kindness?*

---

---

---

---

---

---

---

---

---

---

*Forgive yourself. Write down anything you are feeling guilty about – anything that is still weighing on you – any mistake you've made – and then forgive yourself.*

---

---

---

---

---

---

---

---

---

---

*Pep talks! Give yourself some praise. What have you done lately that has been spectacular?*

---

---

---

---

---

---

---

---

---

---

# Tips & Ideas to Foster Kindness in Yourself & Others

Now comes the fun part. I want to be sure to offer you some real and tangible ways you can foster kindness in yourself and in others. There are countless ways you can spread good will, care, and generosity. These don't have to cost a lot of money or require great time demands. Even the simplest gesture can have a big impact.

## **Smile at Others**

*Who can you smile at this week?*

---

---

---

---

---

---

---

---

---

---

*Make sure to come back and check in with how this made you feel:*

---

---

---

---

---

---

---

---

---

---

*How did it make them feel? Did they smile back? Did their mood seem to lift?*

---

---

---

---

---

---

---

---

---

---

**Leave Little Notes**

*Who needs a little note of encouragement or thanks? Your doorman? Barista? Boss?  
Significant other?*

---

---

---

---

---

---

---

---

*How did writing this note make you feel?*

---

---

---

---

---

---

---

---

*How did they feel when they received it?*

---

---

---

---

---

---

---

---

---

---

**Give a Compliment**

*Compliment a stranger! Make sure it is sincere. If you see a coat or hat or makeup that you love or think looks nice, tell them!*

---

---

---

---

---

*How did you feel when you gave this compliment?*

---

---

---

---

---

---

---

---

---

---

*How did the person react?*

---

---

---

---

---

---

---

---

---

---

**Share Food**

*Do you know someone who may need help with dinner? A relative, elderly neighbour, friend going through a loss, co-worker with a new baby?*

---

---

---

---

---

---

---

---

*Is there a food bank or soup kitchen in your area? You can donate food or volunteer.*

---

---

---

---

---

---

---

---

## Invest in Yourself

*Refresh your energy and nourish your spirit. Is there a class you'd like to take? A hike? A movie you want to see? Brainstorm some 'self' activities below:*

---

---

---

---

---

---

---

---

## Learn Your Loved Ones' Preferences

*Do you know your loved ones' love language(s)? What do your significant other/family members/children appreciate? Gifts? Time? Make a chart of your loved ones and their preferences:*


## Give a Care Package

*Do you know someone who is sick or feeling down or going through a hard time? What can you make for them?*

---

---

---

---

---

---

---

---

*How did it seem to make them feel when they received the care package?*

---

---

---

---

---

---

---

---

*How did it make you feel while you were making the care package?*

---

---

---

---

---

---

---

---

**Pay for the Person Behind You**

*What tab can you pick up? Make sure it is within your budget. A newspaper? Coffee? Groceries? Pay for someone behind you in a line and come back to write about the experience:*

---

---

---

---

---

---

---

---

---

---

**Give Someone a Ride**

*Do you know someone who doesn't have a vehicle? Could they use a lift?*

---

---

---

*Where did you take them? How did it help them?*

---

---

---

---

---

---

---

---

---

---

**Check on Folks**

*Who can you check up on?*

---

---

---

*Can you call, write, email, or visit someone?*

---

---

---

---

*How did it make you feel to go out of your way to check up on them?*

---

---

---

---

---

---

---

---

**Give a Small Gift for No Reason**

*Do you know someone who would love to receive a small “just because” gift? What can you get them?*

---

---

---

---

---

---

---

---

---

---

**Say Thank You**

*Write a thank you card or email to someone you appreciate. Who did you thank? How did it feel?*

---

---

---

---

---

---

---

---

---

---

**Share a Skill**

*Do you have a skill you can share with others? What can you teach someone? Tutor? Mentor?*

---

---

---

---

---

---

---

---

**Show Patience**

*Write down some calming exercises you can use to maintain your patience when you're feeling tested:*

---

---

---

---

---

---

---

---

## Acknowledge Everyone When Possible

*Who are you going to make sure to acknowledge this week?*

---

---

---

---

---

---

---

---

## Conclusion

We've arrived at the end of our journey together. I hope you feel you've gained a new outlook on the importance of being kind and compassionate on a regular basis. These aren't empty gestures. They really can make a difference in your own life and in the world around you.

As with any routine, it gets easier as you go along. Add some of these tips to your daily agenda or calendar. That way, you'll remember to give them a try. Feel free to personalize them for your own lifestyle and circumstances.

If you get stuck, pull out this journal and refresh your memory by reading over the suggestions again.

It is my deepest wish that you feel prepared and excited to begin this new phase of your life. It can't be over-stated just what a difference making generosity and empathy a part of your daily routine will have on your life. Have fun with it. Get creative. Encourage others to join you. The world needs your kindness now more than ever.