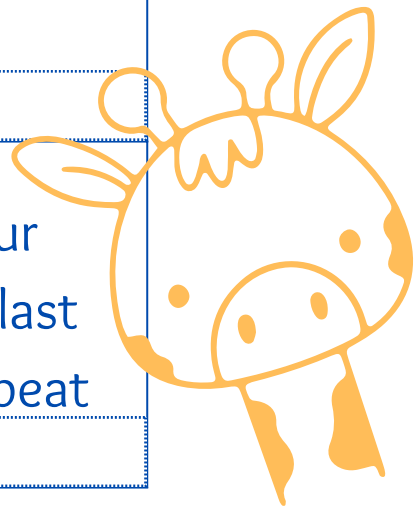


30 Acts of Empathy for Everyday Use

It's normal that you need some rest today	Remind someone they are important	Do an anonymous kindness to someone	Try not to say anything negative today	Give a small gift to a friend, just because	Try 1 hour without technology during the day
When in doubt, choose to trust yourself today	Show appreciation to someone you take for granted	Volunteer your time or donate to a good cause	Make sure you say something kind to yourself today	It's ok not to be ok today	Enjoy guilt-free a small treat for yourself
Try to be vulnerable, it can be powerful	Write a thank you note to someone	Tell someone what you love about them	It's ok to feel what you are feeling today	Spread the word about a friendly local business	Show compassion to yourself as if you were comforting a friend
Write about 3 personal strengths that make you proud	Write down 3 things you're grateful for	Try to observe things today without judgement	Speak to yourself as you would to a loved one	You are doing the best you can right now	Express honestly your needs today
Give yourself one compliment today	Smile at a stranger	It's ok to say no if that's what you need today	Think about one healthier boundary you want to set	Try to make someone smile today	Celebrate your efforts for the last 30 days and repeat



Instructions

Print this table and put the date in the box under each statement whenever you practice this form of empathy. You can try to do something every day, but you don't have to. It's not a challenge, it's just a tool to become a little more self-aware and empathetic towards yourself and others. When all 30 forms of empathy have been practised once, feel free to print the table again and repeat.



Co-funded by the
Erasmus+ Programme
of the European Union

