



## Lesson 12

### FEELING EMPATHY AND EXPRESSING COMPASSION

Take a moment to reflect: Think of a time when someone shared a feeling or an experience with you and you were deeply moved by that person's story.

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Take a moment to plan: What is one action you can take right now to express self-compassion?

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Take a moment to plan: Who could you reach out to with compassion at this time? What will you do to help?

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Take a moment to imagine: How would you benefit from developing more empathy and compassion in your life?

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**TAKE A MOMENT FOR A MINDFUL BREATH!**