



February 2024

In a world where love takes its stand,
Compassion spreads across the land.
A helping hand, a smile so bright,
Compassion brings us warmth and light.
With open hearts, we offer care,
Compassion shows we're always there.

COMPASSION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 I choose to show kindness and understanding	2 I strive to be empathetic towards others.	3 I listen with an open heart and mind.
4 I offer support to those in need.	5 I treat others with care and respect.	6 I listen attentively to others without judgment.	7 I value the feelings and emotions of others.	8 I speak words of encouragement and support.	9 I extend a smile to brighten someone's day.	10 I will try to uplift and inspire those around me.
11 I show empathy by putting myself in others' shoes.	12 I offer comfort to those who are going through difficult times.	13 I choose my words and actions that promote peace.	14 I extend a helping hand without expecting anything in return.	15 I matter.	16 I show understanding and patience to those facing difficulties.	17 I am mindful of the impact my words and actions have on others.
18 I show acceptance and tolerance.	19 I choose to see the beauty and potential in every person I meet.	20 I offer my time and energy to support those in need.	21 I practice acts of kindness even when no one is watching.	22 I choose to uplift and inspire others through my words and actions.	23 I embrace the power of love.	24 I promote harmony and unity among people.
25 I strive to make a positive impact in the lives of others.	26 I will forgive those who may have hurt me.	27 I practice random acts of kindness to spread joy.	28 I choose to be a source of positivity and inspiration.	29		

Compassion is all about caring for others and wanting to make a positive difference in their lives. It means being kind, understanding, and supportive towards other people. When we are compassionate, we try to put ourselves in others' shoes and imagine what they might be going through. We show empathy and concern for their feelings and experiences, and we try to be there for them in any way we can. This might mean offering a listening ear, lending a helping hand, or simply showing that we care.