

Compassion – Show You Care with Unconditional Acceptance

You are a confident person who offers support without thought of your own needs being met first. Compassion is not about learning to say the perfect things at the perfect time, but rather about showing consideration for others' pain through listening and caring. You see it in a warm, safe smile, a nonjudgmental look of encouragement, a kind touch, or anything that will lift another person to a place of higher confidence. *Practise being nonjudgmental by reaching out to those around you and connecting with empathy.*

The five-penny challenge

The challenge: Put five pennies in your pocket, on your desk or somewhere close to you where you can see or touch them easily. Starting off slowly at first, say one penny per week, graduate to one a day and eventually to five a day.

The idea: Every time you practise being compassionate — passing along a compliment, positively reinforcing a colleague who did something right, or simply saying thank you — move one penny into your other pocket or to the other side of your desk. The idea is to keep score with yourself as a reminder to contribute to a more compassionate workplace.

Ask yourself this question:

*If someone were to pay you ten cents
for every kind word you ever spoke and
collect five cents for every unkind word,
would you be richer or poorer? —Nonpareil*

Name of recipient of penny challenge	How I felt afterwards
1.	
2.	
3.	
4.	
5.	