

Empathy & Connection Reflection & Practice Worksheet

Story Reflections & Mini-Challenges

Ancient: The Buddha and Compassion

Reflection: Who in my world is suffering right now, and how can I simply be present with them?
Mini-Challenge: Sit with someone's pain without trying to fix it. Just listen.

Indigenous: Iroquois Listening Council

Reflection: In my leadership, do I listen more than I speak? Whose voice have I overlooked?
Mini-Challenge: In one meeting this week, speak last. Let empathy guide you by listening first.

Middle Era: Abraham Lincoln and Team of Rivals

Reflection: Where do I resist empathy because of disagreement? How could I listen anyway?
Mini-Challenge: Invite feedback from someone who disagrees with you — and thank them sincerely.

Modern: Jacinda Ardern after Christchurch

Reflection: When people in my world face fear or loss, how do I show visible empathy?
Mini-Challenge: Use one visible action — a gesture, word, or presence — to show empathy.

Modern: Fred Rogers ('Mister Rogers')

Reflection: How could I scale my empathy beyond one-to-one, so more people feel seen?
Mini-Challenge: Send one message of empathy to your wider team, group, or community.

The Three Practices of Empathy

Presence → Perspective → Action

Practice	Self-Rating (1-5)	One Action to Strengthen
Presence (showing up fully)		
Perspective (seeing through their eyes)		
Action (responding with care)		

Mini-Challenge: Choose the empathy practice you rated lowest. Write down one action to strengthen it this week.

Weekly Empathy Tracker

Day	How I Practiced Empathy
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Journaling Space

What did I notice this week about how I felt and how others responded when I practiced empathy and connection?