

21 Day Challenge: Day 10 Worksheet

Connecting with Empathy

Theme: Walking in Their Shoes

Focus: Building relationships through empathy

SECTION 1: Reflect on Today's Practice - Active Listening

1. Who did you speak with today?

Describe the person and the situation of your conversation.

2. What did you notice as you listened?

Think about their words, tone, body language, and what was unsaid.

"As I listened closely, I noticed..."

3. How did it feel to give your full attention?

How was this conversation different from your usual interactions?

"Giving my full attention changed the conversation by..."

4. What did you learn about this person?

Empathy often reveals deeper emotions or needs.

"Today I learned that this person may be feeling..."

5. How did empathy make YOU feel?

What emotions did the experience bring up for you?

"Practicing empathy today helped me feel..."

SECTION 2: Big Picture Reflection

6. How does empathy strengthen your leadership?

Think about your ability to connect and support others.

"When I lead with empathy, I create..."

SECTION 3: Intention for Tomorrow

Set a short intention to carry this practice forward:

"Tomorrow, I will continue to lead with empathy by..."

Take a breath. Be proud of how far you've come. You're not just becoming a better leader-you're becoming more deeply connected to those around you.