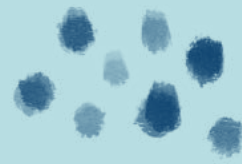


7-Day Compassion Challenge



Compassionate leaders support others as they work through challenges and opt to use their power and influence to help create a more even playing field for all. Commit to being a (better) leader by taking intentional steps to show more compassion to yourself and others in your daily interactions this week.

Monday: Make a list of lessons learned.

Instead of beating yourself up over mistakes you've made, write down exactly how you grew from the experiences. Post your list of lessons learned where you'll see it often to help you focus on the progress made and to serve as a reminder to give yourself (and others) grace when missteps occur.

Tuesday: Take time to listen.

At lunch or in a one-on-one meeting, focus on actively listening to the other person. Adopt a curious mindset and ask open-ended questions to gain a greater understanding of their experiences and perspective. Pay particular attention to notice the feelings and values shared, not just facts.

Wednesday: Work to remove obstacles.

Reflect on the conversations you've had with others, and consider how you could support them. Could you help remove roadblocks in their way? Don't try to solve their problems for them, but look for any opportunity to use your power and influence to help clear their path of needless friction.

Thursday: Talk with your team about failure.

At your next team meeting, freely share an example of a mistake you made and how you learned from it (you may want to refer to your list from Monday). This signals that failure is expected, isn't a cause for reprimand, that you support learning from experience, and value honesty and authenticity.

Friday: Follow through to show you heard.

After listening closely to a colleague or direct report and considering how you might provide resources to help, close the loop. Let them know what you've done or are willing to do on their behalf. This shows you take their concerns seriously, want to support them, and appreciate their speaking up.

Saturday: Shift from "I" to "you."

When talking to yourself — whether speaking out loud, inside your head, or just journaling — use "you" or your own name, instead of the first person "I," especially if you're reflecting on an opportunity or mistake. Research finds this subtle shift boosts self-compassion and makes you more effective.

Sunday: Schedule time for self-care.

Block time on your calendar to recharge. Schedule an hour to do something you love, and don't feel bad about it. When we create space to care for our imperfect selves, we increase our capacity to show compassion. We also lead by example, giving other people permission to do the same for themselves.