



PALLEN'S
MARTIAL ARTS™

NOVEMBER 2021

POWERFUL

PROJECT

EMPATHY

Teens/Adults

FIRST & LAST NAME: _____ PARENT SIGNATURE: _____

TIP GOAL: _____

The Powerful Word of the month is empathy. Empathy means: “Reading, understanding, and responding to other people’s feelings.” It asks us to take a walk in somebody else’s shoes and imagine how they feel. Choose someone in your life (family, work, here in our class) or in the news and use empathy to take a walk in their shoes. Does empathy help you to understand that person in a different way? Does the exercise compel you to act or respond in an empathetic, compassionate and kind way? How?

Taking a walk in the shoes of: _____

When I look at this person from the outside, I initially see: _____

Using empathy, and taking a walk in this person’s shoes, I can imagine that: _____

Does empathy help you to understand this person in a different way? How?

How might this exercise inform your actions in the future? _____

What is one of your top goals for 2021? Can empathy and compassion be incorporated into that goal?

My goal is to:

Empathy:

(circle)

IS IS NOT

incorporated into my goal.