



**PALLEN'S**  
MARTIAL ARTS™

**POWERFUL**

**SEPTEMBER 2020**

**PROJECT**

**COMPASSION**

Teens & Adults

FIRST & LAST NAME: \_\_\_\_\_ PARENT/GUARDIAN: \_\_\_\_\_

TIP GOAL: \_\_\_\_\_

The Powerful Word of the month is compassion. Compassion refers to the emotion we feel when we see others suffering and we want to help them. Studies tell us that those who practice compassion make people happy and are happier themselves. The Dalai Lama said it like this; "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Below, think through 2 ways that you have practiced compassion and how it affected both them and you. Write it as if you were talking to someone who looks to you for guidance.

<p>A compassionate act I have done is: _____ _____ _____ _____</p>		<p>A compassionate act I have done is: _____ _____ _____ _____</p>
<p>It helped others in the following way(s): _____ _____ _____ _____</p>		<p>It helped others in the following way(s): _____ _____ _____ _____</p>
<p>Showing compassion in this way affected me by: _____ _____ _____ _____</p>		<p>Showing compassion in this way affected me by: _____ _____ _____ _____</p>