



Practical suggestions...

- At the core of compassion is the ability to listen - really listen – to others.
- When you are able to listen to their story then you can begin to understand them.
- As you understand another person, you become sensitive to their feelings.
- Like all positive attributes, compassion has its own rewards.
- You will be a happier person and the world will be a kinder, gentler place because of your compassion.

August Attribute - COMPASSION

- I will do whatever is necessary to heal the hurts of others.
- I will strive to understand and be sensitive to their feelings.

WHAT IS COMPASSION?

COMPASSION is seeking to understand another's struggles from his or her point of view and then doing whatever is necessary to heal the hurt.

- **I WILL:**
- Listen when others want to talk
- Give of my resources to help those in need
- Look for lasting solutions
- Comfort others without regard to race, gender, faith, age or nationality

"No act of kindness, no matter how small, is ever wasted"

[Aesop](#)

Character Community Foundation of York Region

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