

**KINDNESS,  
COMPASSION  
& GENEROSITY**

You enjoy giving freely of your time, you support others in their struggle for happiness and fulfilment. You share of your resources and give without expecting something in return. You help people feel very comfortable as you see them as equally worthy. You are respectful towards everyone no matter what other people might think or say.

What are the signs of kindness, compassion & generosity?

What work might suit a kind and compassionate person ?

What advantage is there in being kind and compassionate?

**Make a plan to increase your kindness!**

This is a situation where I could be kinder and more generous:

This is what would help me to be kind (e.g. listen to someone in trouble, realise how much you have):

This is when and where I will be more caring and generous with my money, time or talent:

To remind yourself to do this PRINT or TAKE A PHOTO of this page.