



8: THE POWER OF EMPATHY

Your Action Plan for Growing in Empathy

Action Planner

Reflect and Prepare

Name: _____

What Is Empathy?

Empathy is the ability to understand someone else's feelings or experience, without needing to fix, agree, or fully relate. It builds relationships, reduces conflict, and strengthens your personal competitive advantage.

Why This Matters to Me

Why is empathy important in your program, work, school, or relationships?

Where I Want to Improve

What makes empathy harder for me sometimes?

- ☐ Distractions or rushing
- ☐ Assuming I know the whole story
- ☐ Not knowing what to say
- ☐ Feeling uncomfortable with emotions
- ☐ Other: _____

What helps me stay present when someone's struggling?

Belief Shift

Circle or write a belief to support your growth:

"I don't have to agree to understand."

"Empathy makes me stronger, not weaker."

"Everyone is carrying something I can't see."

"Curiosity builds connection."

Other: _____



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Practice Plan + Progress

Name: _____

My 28-Day Empathy Practice

What will you practice to strengthen your empathy this month?

Where or with whom will it happen? _____

How will you practice it?

☐ Journaling ☐ Reflection ☐ Listening habit ☐ Weekly challenge

Restart Plan

When I feel disconnected or judgmental, I will:

☐ Pause and ask a question

☐ Use my anchor phrase: "Understand first"

☐ Step away and reset

☐ Other: _____

Weekly Reflection Prompts

1. Where did I practice empathy this week?

2. What made it easier or harder?

3. How did empathy impact a situation, mood, or relationship?

4. How did this help me build trust or advantage?

28-Day Empathy Tracker

Empathy focus habit: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

✓ Curious ✓ Disconnected ✓ Patient
✓ Present ✓ Tense ✓ Kind

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

✓ Curious ✓ Disconnected ✓ Patient
✓ Present ✓ Tense ✓ Kind

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

✓ Curious ✓ Disconnected ✓ Patient
✓ Present ✓ Tense ✓ Kind

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

✓ Curious ✓ Disconnected ✓ Patient
✓ Present ✓ Tense ✓ Kind