



My Empathy in Action Plan

Name: _____

Helpful Words:

- **Empathy** = understanding how someone else feels, and showing care through words or actions
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the strengths that help me build trust and meaningful connection

Directions:

Use **writing or drawing** to reflect and build your empathy skills.

Use the back of this sheet if you need more space.

1. **Someone I know who shows strong empathy is:**

2. **One way I can show empathy this week is:**

3. **A situation I didn't understand at first—but now see differently is:**

4. **My Empathy Superpower helps me do these things:**

5. **When I feel disconnected from others, I can try:**

6. **Empathy helps me grow my personal competitive advantage by:**

7. **This is how empathy supports the lifestyle I want to live:**