



My Empathy Map

Name: _____

Helpful Words:

- **Empathy** = understanding and caring about how someone else feels
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Your empathy helps others feel safe and seen.

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

1. A time I felt understood was:

2. A time I showed empathy to someone else was:

3. This is what empathy looks like to me:

4. I know someone might need empathy when I notice:

5. My Empathy Superpower helps me do these things:

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

7. This is how empathy helps me live the lifestyle I want: