



Compassion in Daily Life

*“The purpose of human life is to serve, and to show compassion and the will to help others.”
—Albert Schweitzer*

Try going **ZERO WASTE** for a day.

SMILE at a stranger.

Buy your **COLLEAGUE** a drink.

COMMUNICATE with kindness.

Be an **ADVOCATE**.

Get **EDUCATED** on being **ANTI-RACIST**.

LISTEN FULLY to the person in front of you.

Establish a **GRATITUDE** practice.

BE GENTLE with yourself and others.

Make **COMPASSIONATE** daily choices.

Practice **EMPATHY**.

PRAISE OTHERS publicly.

Foster, sponsor, or adopt an **ANIMAL**.

Buy a drink or **MEAL** for a **HOMELESS** person.

Practice **ACCEPTANCE**.

HOLD THE DOOR for someone.

Leave **KIND** social media comments.

Dole out **COMPLIMENTS**.

REMEMBER special dates.

Send **HEARTFELT** snail mail.

APOLOGIZE when you mess up.

Say **“THANK YOU.”**

Be **ON TIME**.

Create a **COMPOST** pile.

Choose **ENERGY-EFFICIENT**.

Try **MEATLESS** Mondays.

Stay **INFORMED**.



More ideas: