



# COMPASSION & KINDNESS REFLECTION SHEET

WHISPER NO. 09 OF 52

## ABOUT THIS WHISPER

Compassion is the bridge that connects hearts. This Whisper reminds you that kindness begins within and ripples outward, touching every life it meets. When you choose compassion, you create a softer, more loving world—starting with yourself.

*“Be kind to yourself first, and let that kindness flow out to others. In every act of kindness, you heal the world and your soul.”*  
— UNKNOWN

DATE: \_\_\_\_\_

A SIGN I NOTICED OR QUESTION I HAVE: \_\_\_\_\_

	<b>HOW CAN I SHOW MORE COMPASSION TO MYSELF TODAY?</b> What would loving myself look like in this moment?	
	<b>WHO NEEDS MY KINDNESS MOST RIGHT NOW?</b> Is there someone I can reach out to or support?	
	<b>WHAT SMALL ACT OF KINDNESS CAN I OFFER TODAY?</b> What simple action could bring light to someone's day?	
	<b>HOW DOES MY KINDNESS IMPACT THE WORLD?</b> How do I want my energy to contribute to the world around me?	
	<b>WHEN WAS I SHOWN KINDNESS RECENTLY?</b> How did it make me feel, and how can I pay it forward?	
	<b>WHAT CAN I RELEASE TO MAKE ROOM FOR MORE COMPASSION?</b> Are there judgments, resentments or fears I can let go of?	
	<b>ADDITIONAL REFLECTIONS</b> Anything else I would like to note.	

## CAROLE'S WHISPER

*Every kind thought, every gentle word, every loving action—no matter how small—makes the world a brighter place.*

## AFFIRMATION

*“I choose compassion. I extend kindness to myself and others, and I help create a world filled with love.”*