



WARRIOR GODDESS WISE Challenge

Day 2 Worksheet *Compassion*

What would it feel like if you were patient and compassionate when you made a mistake?

Name someone who has modeled compassion for you.

Spend today looking through the eyes of compassion. How does your perception change?

Send a loving, compassionate email to someone you know who is struggling. Let them know you are thinking about them and see their beauty/strength/grief. How did it feel?