

HC AUGUST



UP NEXT

Life has a way of showing us the area we're ready to grow through next.

HC
PRINCIPLE
2 of
COMPASSION

WEEK 1

IN LIFE

Write down or note every time something causes you to feel: Angry, Defensive, Embarrassed, Jealous, Rejected, Anxious, Not good enough, Overly excited, Deeply inspired

WEEK 2

ONLINE

When a video or something online catches your attention... Don't move on right away, **SAVE IT** and then **Ask Yourself :** "What made me feel this was important?" *(optional: Reframe a positive comment about it online)*

WEEK 3

IN ACTION

Choose your biggest trigger from weeks 1-2 , trace it back to its origin. Then write a note about your younger self: When you first remember feeling this way and why *(optional: Share it with someone)*

WEEK 4

Response

Choose one response that's different from your usual reaction when a trigger happens: Listening instead of defending, Setting a healthy boundary, Speaking honestly, Walking away calmly, Offering yourself grace, Choosing curiosity over assumption.