

Community Compassion Challenge

Each week focuses on a simple practice, reminding us compassionate communities are created through everyday choices.

Week 1: Acknowledge Someone Who You've Overlooked or Haven't Interacted with Before

This week is about noticing and acknowledging people we might usually pass by without interaction.

- Make eye contact and offer a genuine smile to someone sitting alone.
- Say hello to a coworker, neighbor, or peer you don't normally speak with.
- Thank someone whose work often goes unnoticed (custodian, cashier, delivery driver).
- Acknowledge someone with a simple nod or kind word in a shared space.
- Send a brief message of appreciation to someone you've never thanked before.

Week 2: Practice Patience in Public

This week focuses on slowing down and responding with patience during everyday public interactions.

- Pause and breathe instead of reacting when waiting in line.
- Offer understanding to someone who seems stressed or overwhelmed.
- Let someone go ahead of you without expectation.
- Notice your internal reactions in crowded or noisy spaces.
- Choose calm body language and tone, even when things feel inconvenient.

Week 3: Offer Well-Wishes or Help

This week expands compassion outward through intentional care, spoken or silent.

- Silently wish well-being for people you encounter during the day.
- Offer help to someone carrying items or looking unsure.
- Check in with someone who seems withdrawn or tired.
- Leave a kind note or encouraging message for someone.
- Give assistance without needing recognition or thanks.

Week 4: Reduce Harm Through Making a Higher Conscious Choice

This week focuses on awareness and recognizing how our choices impact others in the world

- Pause before speaking to ensure your words are constructive.
- Choose to disengage from gossip or harmful conversations.
- Be mindful of shared resources and spaces by leaving it better than it was.
- Practice respectful disagreement without dismissal or disrespect.
- Reflect before acting in ways that could affect others negatively.