Compassionate Me
Week 2 - Compassion for Friends & Family

Metta/Loving-Kindness Meditation

Choose from the 5-minute or 7-minute meditation from Week 1, or if you can, do the 15-minute meditation from Week 2.

This week I have done this meditation on the following days: (please tick days completed)

☐Tuesday ☐Wednesday ☐Thursday ☐Friday ☐Saturday ☐Sunday ☐Monday

Optional: If you wish to you can fill in a Compassionate Me Daily Diary - just print the sheet and fill in

Week 2 Meditation (Three Minute Breathing Meditation)

This week I have done this meditation at least once on the following days: (please tick days completed)

☐Tuesday ☐Wednesday ☐Thursday ☐Friday ☐Saturday ☐Sunday ☐Monday

Optional: If you wish to you can fill in a Compassionate Me Daily Diary - just print the sheet and fill in

Act of Kindness Activities

This week I have chosen to show *my friends and family* the following Act(s) of Kindness

1. _____
2. _____
3. _____

Gratitude Journal

This week I am grateful for:

1. _____
2. _____
3. _____

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What I have learnt this week:

(a chance for you to make some notes for yourself about showing compassion to your nearest and dearest)

Sharing My Story:

(a chance for you to write about any special experiences or activities that happened this week. Do remember to share them with us too by email or via social media!)

Daily Diary:

(if you are filling in the Daily Diary, print off the sheet we have provided and make notes after doing the meditations and/or compassionate activities. Remember this is an optional activity - but filling it in will help further your compassionate practice.

Bonus Section:

- ✓ Mindful Colouring and Mandala Meditation
- ✓ Compassion Meditation for those who are suffering

Videoclip

Audioclip

PDF document

Quote of the Week:

"Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion."

Dalai Lama

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