

Develop empathy in yourself and your team to unlock creativity, collaboration, and courage

Worksheet

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Build empathy in yourself and your team to unlock creativity, collaboration, and courage

- 1. Reflect on your life (career, relationships, and significant moments.)
- . First, write 5-7 positive moments and achievements you've experienced and what you learned about yourself.
- 3. Then, write 5-7 impactful struggles or difficulties you've had to overcome, and what you learned about yourself.
- 4. Write down your empathy statement.

Life "Highs" (Write 5-7 wins, successes or positive events in your life.)	What did you learn about yourself from each of these achievements?
i.e., I became a parent.	i.e., I could be nurturing, learn on the fly, and exist on very little sleep (temporarily)

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Life "Lows" (Write 5-7 challenges, difficulties, and hard events you've had to overcome in your life.	What did you learn about yourself from these experiences?
i.e., I overcame poverty as a child.	i.e., I learned how to make money go far, making me a better entrepreneur.

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Empathy statement	
Wow! You've been through a lot. You are a remarkable person! So let's create some reminders and practice self empathy: Write a few I AM statements leveraging all the skills, qualities, and traits you've gained along the way.	
i.e, I AM strong, resilient, and can do hard things. I AM kind, compassionate, and can see the value of others.	

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