

The Compassion Challenge.



What is Compassion?

Take a minute to write down what you think compassion means.



What did you come up with? Which one stands out the most?

That's the thing you value most.

C A R E

Compassion = Caring + Awareness + Resilience + Empathy. It's C.A.R.Eing

It is an unconditional kindness, or love, for our self and others.

What is a Challenge?

A challenge is a goal we work towards. It takes effort, it takes care, but it's for our betterment mentally, emotionally, physically and spiritually. It "forces" us to focus on the present and how we are acting.

Why is compassion a challenge then? Shouldn't it be automatic?

Yes, it should. But many times it's not. We are usually acutely aware of how we treat others, but not how we treat ourselves. We are our own worst critics, and yet we are most deserving of our own compassion.

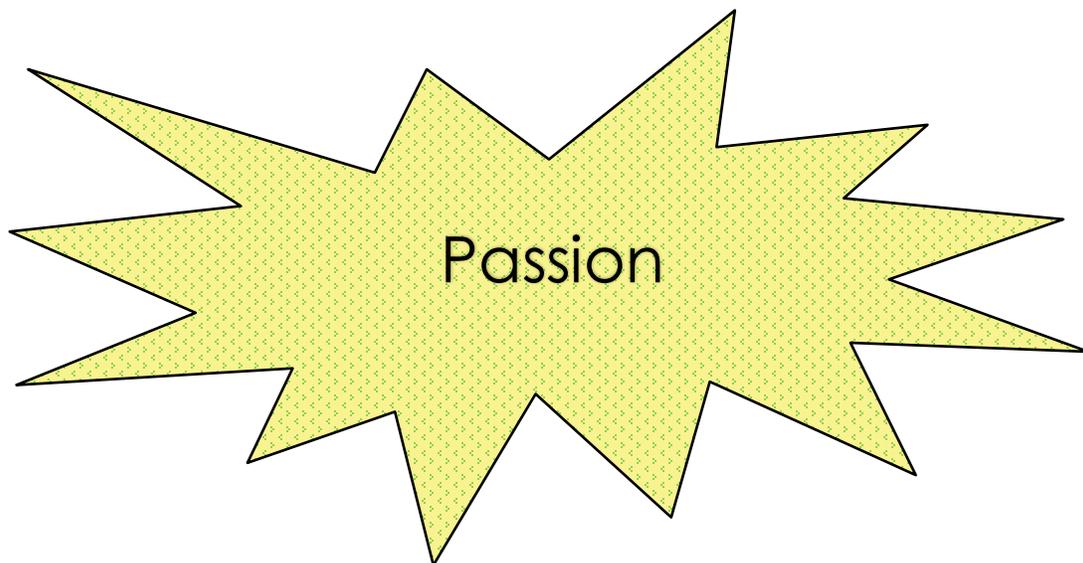
This is love beyond. Do you accept your whole self, your true self, faults/virtues, and live with love and light? Do you forgive yourself and those in the past whom you have hurt you (this includes yourself)? Further, do you appreciate the lessons you learned through these trials and tribulations, and are you grateful for them? That is the root of compassion. It's being aware of the light/dark, the good/bad, and being grateful for everything you learn and how you've grown. It's also having kindness for yourself when you make mistakes. Because we make them, we are human. And it's okay.

We can't talk about compassion without discussing **PASSION!**

What is Passion?

Passion is approaching something with so much energy and love and excitement that it raises your natural energy/vibration just by doing it! Can you tell I'm passionate about compassion?

Think about the word passion.... What comes to mind?



Of that list which sticks out the most? That is where you put your value in, and is an integral part of your self worth.

If you can't think of a passion, that's ok. We can use a double negative – what do you not mind doing? Passion takes work just like compassion takes work. They are both interrelated and rooted in self love.

In this short, but sweet, workbook is a complete 14-day Compassion Challenge.

The first week is all about **release** – being honest about who you are, how you interact with people, what falsehoods are you holding on too, and what do you need to release to be present.

The second week is all about **restore** – self love and self care. How to be present and treat yourself like the gift that you are.

Feel free to work through the different worksheets and daily challenges and share with those whom need it.

Spread the love, share the CARE.

Here's the break down:

Week 1 – Release

Day 1 – Be present.

Day 2 – Who are you? Let's play truths or faults

Day 3 – Who taught you how to love? What is your first memory of compassion? Embrace and immerse in that feeling.

Day 4 – Who made you question yourself? What did they say/do? Why did it stick to you? Write a letter to them, to yourself, or as your best friend to yourself.

Day 5 – Spend the day with your inner child. What do they have to tell you?

Day 6 – Release the old, whether it's thoughts or materials, you don't need. Make a compassion collage or vision board or life story/scrap book for your loving memories.

Day 7 – Random acts of compassion. Do something for someone with no expectations of anything in return. When was the last time someone did that for you? How did it feel? If anyone could do something for you, what would it be? Can you do that thing for yourself?

Week 2 – Restore

Day 8 – What are your passions? Pick one and do it. Journal how you felt after

Day 9 – Find the love in food. Prepare a meal that is beautiful and nutritious, that nourishes your soul and body. Be mindful as you eat.

Day 10 – Take a bath. Yep I said bath. Tub toys are optional.

Day 11 – Friend day. Contact someone you haven't talked to in a while and ask how they are. Avoid talking about yourself and just focus on them. How do you feel? Was it difficult? If so, why?

Day 12 – Arts and crafts day. We talked to your inner child before, now let them play!

Day 13 – Field trip day. Visit your safe place (in your head or outside). Or for the “advanced version”, visit a place where you may have felt uncomfortable or had a difficult experience and see if you can find beauty in the place (and compassion for yourself).

Day 14 – Gratitude day! What did you learn through this experience? If you could sum it up in one sentence – what would it be. That is your affirmation to embrace this month, as your compassion exudes. Keep the convo with yourself going with a “compassion” journal. You are awesome!

Here are some tools we use:

- Compassion cards
- Arts and crafts – crayons, paints, brushes, stickers, etc.
- Epsom salts
- Journal
- Affirmation notes or post-its
- Glitter pens and glitter paper
- Collage materials and scrap paper
- Honesty, humility, and humour



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DAY 1 – BE PRESENT

Where are you right now in this moment?

Can you describe what you experienced today in just pure nouns?

For example:

Room, chair, red, white, sound, vanilla, bell, snow, cool, soft, crisp

(this explains the room I'm in right now writing this).

For 1 minute this day, evoke your 5 senses and immerse yourself in to where you presently are.



How does it Look? Smell? Taste? Sound? Feel?

This exercise helps attune your focus to what is going on around you.

What did you learn from this exercise? Easy or difficult? Why?



DAY 2 – WHO ARE YOU?

Many times we avoid looking fully at ourselves because we don't want to acknowledge or address anything "negative" (it's a form of avoidance). Acknowledging who you are, strengths and weaknesses, or truth and faults, is part of self acceptance and the beginning step towards having compassion for yourself. It's okay to have weaknesses, it's part of who we are and why we are the way we are. Perfection, aside from being boring, is unattainable. Once we are aware of our truths and faults then we can decide how to proceed.

Truths	Faults



How does the word "faults" make you feel? If it makes you feel uncomfortable, why?

DAY 3 – WHAT IS LOVE?



What is your first memory of love? Of compassion?

Who taught you compassion? If their view of compassion was skewed or they lacked compassion, can you put yourself in their shoes and understand why they felt that way?

Think of your favourite memory regarding COMPASSION – write it down or draw it.

Next time you have difficulty being compassionate towards yourself or another, revisit and envelop the emotion of this memory

DAY 4 – DRAMA TRAUMA

In order to have complete compassion, we need to release, relinquish, accept and appreciate our past traumas. Our trauma does not define us, it teaches us. It may wound us, but it does not consume us. If we can acknowledge the trauma and release the emotion attached to it, we can learn and live the lesson.

In this exercise, list your most prevalent traumas and the lessons you learned from them.

Trauma	Lesson



DRAMA

Drama may be glamorized in our current multimedia, but it's really a defensive strategy used to avoid responsibility in the situation. Think of the last time you caused "DRAMA". What were you really feeling? And why did you act the way that you did? What does the word drama mean to you?



DAY 5 – INNER CHILD PLAY

We discussed about traumas and dramas last – strong childhood traumas have a strong affect on a person's mental and emotional health. If we are traumatized and don't have the proper tools to process and release it, then sometimes we can become "stuck" at that age and develop a block towards experiencing compassion.



What is the first childhood memory that comes to mind? Is it still emotional to think about? If so, can you imagine yourself, as you are now, consoling that child in that memory. Visualize and mediate on it.



Your inner child likes to be acknowledged, listened to and cared for. Life gets complicated, stressful, and we forget the simple carefree things we loved to do, that brought us that "child-like" joy. Revisiting the things that we love and that feeling of eternal joy reinvigorates true pure compassion.

For today, **let your inner child out and play**

For example – finger paint, play an instrument, read a picture book, cook cookies, sing a song, play on a playground, visit a sandbox, swing on a swing, or practice an "inner child" meditation. What ever first comes to mind you should do!



DAY 6 – RELEASE WHAT NO LONGER SERVES YOU

Internalizing or suppressing our emotions or traumas can cause detrimental affects to our mind and body. Previously we identified our true selves, our traumas and lessons, and our childhood memories. Now it's time to collect all this information, understand it, appreciate it, and lastly release it. Holding on to hurt does not serve you, it hinders you. It creates defensive layers that muddles your true beauty. You deserve to shine with the light you were born with.



Release Ritual

Using post its or colour scraps of paper, write down what you want to release. Then rip up the paper, burn it (safely), bury it, send it down a river, what ever. Just let it go.



If you don't want to use paper, no worries, you can do it mentally. Put those thoughts in bubbles and imagine them floating away. Or use actual bubbles – why not!

So.... What now. You now have a "blank canvas" to work with. So... lets work with it!

One way to embrace optimistic intentions is to create a vision board. You can scrapbook it, write it out, cut and paste, what ever resonates best with you. I'm a visual person so I like to paint abstractly how I want to feel. If you are more literal or structural, you can write out goals or a life plan instead.

DAY 7 – RANDOM ACTS OF COMPASSION

Compassion means acting outwardly with love and empathy, without the expectation or incentive of getting anything in return. Even if we don't consciously expect something in return, we may experience frustration when we aren't acknowledged (ie when you hold the door open for someone and they don't say "thank you"). The need to be acknowledge is a common human need. It's homologous to the need for approval. Sometimes we don't get the response we want from others, and that's okay. Don't let that negative feedback change the way you act. Focus on the result that being kind has on you. That's the only acknowledgement you need.

When was the last time you did something for someone and didn't get the response you wanted? Or just felt frustrated, angry, unappreciated, sad, lonely, etc.

Okay – now let it go. Now need to overthink or keep it. Let it go.



Alrighty.... **BREATHE** in..... **BREATHE** out..... Smile.

Today's activity is a random act of compassion. It can be as simple as a smile and wave to a stranger. Or helping someone move (without complaining or expecting pizza!). Whatever you feel compelled to do – DO! Compassion is contagious. If everyone did one kind thing a day the world would have a palpable positive shift. It's quantum physics.



If you are isolated for the day a substitution would be a compassion day for yourself. That means no complaining, no gossiping, and no putting yourself down. For the whole day. Then do something kind for you – you deserve it.

DAY 8 – PICK YOUR PASSION

What is your passion? For some this is an easy question. For others, it brings them nothing but frustration and confusion. Not everyone is certain on what they love. Usually this comes from an emotional block or lack of self love. For those that have troubles picking a passion – stick with verbs (sing, dance, walk, draw, write, etc). For those that have many passions, focus on 1-3.

PASSION PETALS

For every, or some, petal on the lotus below, write something you enjoy to do.



PASSION PLAN

Now that you have picked your passions, plan how to incorporate them in your every day life. With our crazy busy schedules it's hard for us to take an entire day off (but if you can, I recommend that you take a passion play day, just like a mini vacation, as your soul craves it). Put passion breaks in your planner as a reminder, or schedule them in your phone – what ever works! We need that creative restoration to keep us aligned.

DAY 9 – NOURISH YOURSELF

We have been nourishing our minds and spirits, now it's time to focus on nourishing our bodies with colourful beautiful foods. Food is a necessity and an art form. You can eat to survive, or you can eat to live (yes, they are different). There is surviving and there is celebrating. When you eat purely for survival you begin to resent food or see it as an inconvenience. We then eat in a state of stress (or SNS) which affects our ability to breakdown food and absorb nutrients. When we look at food as nourishment, we evoke appreciation and gratitude. We are more satisfied – and it tastes better!



FOOD PLAY

As kids we were told not to play with our food. Today is the day that you can! In order to see the beauty in food, we need to **SEE** the **BEAUTY** in food. Use colour, texture, shapes, edible glitter, what ever! Then after creating your food art piece, enjoy it. Pay attention to how you feel after you put intent into your meal. What do you notice?



MINDFUL EATING

The next meal you have, try the practice of mindful eating. You can use something as simple as raisins, carrots, or pumpkin seeds. Examine one bite of food using your 5 senses. How does it smell? Feel? Sound? Look? Taste? Take 1-2 minutes to chew this bite of food, purely focusing on the food itself. Now take another bite? Does it taste different? Do now have a new impression of food?

DAY 10 – SOAK IN SOLITUDE

Water is naturally grounding, healing and balancing. It supports us, it hydrates us, it is calm and comforting. Our bodies are made up of majorly water as our world is made up of majorly water. Why not use it as a treatment for restoring ourselves?

DRINK it..... **EXPERIENCE** it..... **EMERSE** yourself in it.

Today the word of the day is **HYDRATE**

Pay attention to how much water you drink today. Do you feel thirsty? Are there times that you don't drink water? Why? How can you ensure that you get enough (typical intake is 2-4L or 6-8 cups)?



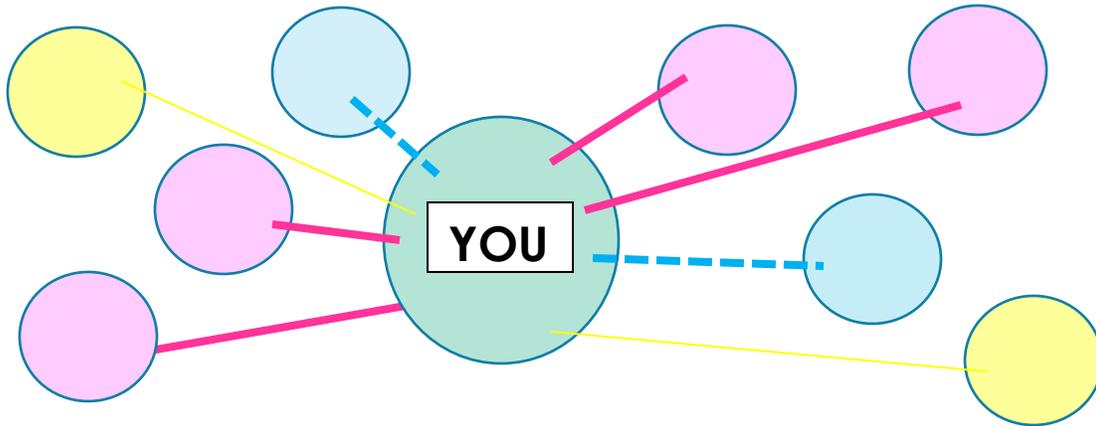
HYDROTHERAPY

Hydrotherapy the technical word for using water (hydro) as therapy. What's one of the best ways to achieve that? Have a bath. It may sound simplistic, but taking 30 minutes out of your schedule to just rest and restore in water is challenging. We may use the excuse that we don't have the time – we need to make the time because it is important to our health. Make it an experience. Use Epsom salts, essential oils, music, candles, bubble bath, what ever you enjoy the most to have the best bath.



DAY 11 – COMPASSION COMPANION

A positive social support network is integral for our health and well being. Below, use the circles and lines (bold for core friend, thin for acquaintance, dashed for strained) to describe the many people and relationships that make up your network.



Today is friend day. Plan a friend day with someone whom is carefree and company you enjoy. Try a fun activity or just explore nature.



BE A COMPASSION COMPANION

Think of a friend that you haven't seen in a while. Call (or text/message them) to hang out, and when you meet them ask them how they are. Then just listen. Continue to ask them open ended questions and be a sounding board for them.

When was the last time that you had a conversation where you just listened? It's amazing what happens when you try to truly understand your friend. It strengthens your bond with them, while evoking compassion and empathy.

DAY 12 – ARTS AND CRAFTS PLAY

Creativity is a great way to express ourselves and connect with compassion. When we create, we are fulfilling an innate human need. Play is necessary at every age to reconnect with our youthful joyful energy.

There is no specific activity for today. The only goal is to play and create.

You can paint.

You can craft

You can scrapbook

You can play in a sandbox.

What ever come to mind first or feels fun, do.

And feel free to have a friend tag along. Or explore a new craft together!



DAY 13 – FIELD TRIP

Remember when you were little how exciting field trips were? Do you have that same excitement when you visit places now? Imagine visiting a place with the same awe and wonder you did as a child. Would you notice more? Would you appreciate the place more?



For today, presented are three different field trip ideas. Pick the one that resonates most with you.

SAFE SPACE

Where is your safe space, your comfort zone? The place that feels like home to you. When you go there, you feel instantly comfortable and secure. This can be a physical space, a certain room or reading nook in your house, or a visual space created in your mind's eye where you meditate.

NEW SPACE

Is there a place that you've always wanted to go to? It could be a lake, a forest, a museum, a mall, a friend's house, whatever is new that you want to explore. Even something as simple as a play or movie or exhibit that you've been wanting to see but "haven't had the time" to. Make today the day you make the time.

SCARY SPACE

Do you have a negative association with a benign space? For example, your old school or classroom may cause anxiety if you revisit it because you unconsciously associate performance anxiety with school. Think of the last place you had an anxious or frustrated reaction. Can you revisit that place again in order to dissociate the emotion you have tied to it? This is a simplistic form of exposure therapy, and can help with decreasing feelings of anxiety or uneasiness. You can use the same technique with visualizing the place, and if you feel unease during then you can use deep breathing techniques to help calm yourself.

DAY 14 – PUTTING IT ALL TOGETHER – RELEASE, RESTORE, REFLECT

Throughout the past two weeks we've discussed releasing past traumas and disordered thoughts, and restored through self care and creative play. Now it's time to reflect on the lessons that you've learned and the new positive habits you will integrate into your everyday life.

What did you learn about yourself and compassion? Would you say you are a more compassionate individual now?

How does self care relate to compassion? What was your favourite self care exercise?

What was your favourite day? Your most difficult or challenging day? Why?

Look back to the first page of this workbook – how would you define compassion now after completing the compassion challenge?

