



Weekly Character Challenge

HUMANITY

compassionate ▪ considerate ▪ empathetic ▪ forgiving ▪ magnanimous

demonstrates genuine concern and care for others, and can appreciate and identify with others' values, feelings, and beliefs; has a capacity to forgive and not hold grudges; understands that people are fallible and offers opportunities for individuals to learn from their mistakes

MORNING

M

If you are meeting with your team today or need to delegate a task to someone, ensure that you make time to connect with people before you get into the issue at hand. Leave a few minutes at the start of the meeting to ask how their day is going before you jump into talking about the main topic.

T

Think about a mistake you made and consider the factors that led to the mistake. Can you see how there are reasons for why things worked out the way they did? Can you forgive yourself for the mistake or treat yourself more like you'd treat a friend in the same situation?

W

Today, make it a goal to practice active listening throughout the day. Set aside distractions when others are speaking with you and seek to understand what they mean before you respond. Be careful that you don't start interrupting them or mentally formulating your responses in your head before they are finished speaking. Giving others your attention in this way is an act of compassion.

T

Think of someone you don't know very well, or who might even be a bit abrasive. The next time you are in a tense situation with them, try to respond with compassion rather than frustration. Keep an open mind and ask yourself why they might react in a certain way, and how you can care for their needs.

F

Treat your team (or your neighbors, friends, or family) to a surprise. Write everyone a little note of appreciation, buy a box of donuts, or take someone out for lunch.

AFTERNOON

Are there social causes in your community that your company can give back to? Think of three relevant charities then bring the idea up at your next strategic meeting.

Consider a need or a problem that a friend, family member, or co-worker has recently mentioned to you. Brainstorm ways in which you can help. Choose one and offer your support! Alternatively, if you're not sure how to help them, you can also simply ask, "How can I help you best?"

The next time you have a team meeting or get together with friends, make sure that everybody gets a chance to speak. Listen to each person's updates and ideas. Check in with everyone individually later in the week and follow-up on something they mentioned during the meeting. Use intentional pauses in the conversation to make space for others to share information and participate.

On your drive home today, practice your patience by being a forgiving and compassionate driver. After you finish your drive, write down some techniques that helped you forgive other drivers more easily and consider whether they are transferable to work.

It's possible to demonstrate concern for others in small, everyday ways. If you're standing in line, let someone go ahead of you and hold the door open for others.