

Sky Bounders Compassion Challenge No.1



Challenge	Points	Your Tally	Total Score
1. Each time someone speaks to you, give them your <i>complete</i> attention. Put your phone away, ignore other distractions and listen to their words. Don't just glaze over and start mentally planning what you want to make for dinner, show interest in their stories, learn about their life.	1 Point		
2. Make contact with people in your life, let them know you care - take Aunt Mo out for lunch, have a natter with your Mum on the phone, send a friend a catch up email...	4 Points		
3. Send a friend or family member a small gift, or a card just to let them know you were thinking of them.	5 Points		
4. If someone does something you don't like, seek to understand and empathise before responding. Try to understand why they may have a different view point to yours.	4 Points		
5. If you get a call centre phone call, remember they're people just like you - trying to get by in life. You may not want what they're selling, but treat them with respect and kindness.	2 Points		
6. If you think someone looks nice, tell them. It could be the outfit they're wearing, their hair style, or simply that they looking happy and healthy!	1 Point		

7.If someone does something well, tell them. That could be a colleague who does a good piece of work, through to the barista in your local cafe that makes an excellent cappuccino!	2 Points		
8.Help others to celebrate their achievements. Congratulate them in person if you have the chance, if you won't be seeing them, then use another method. An email, a text, a comment on LinkedIn or even a like on facebook is feedback.	2 Points		
9.We all know what it's like when we're rushing about and then drop everything that we're carrying, or all of our loose change clatters to the floor. If someone drops something near you, then offer to help them pick it up.	1 Point		
10.Make time to help someone if they ask. It could be someone needing advice or recommendations, through to helping a friend who needs to borrow something or simply needs a little of your time.	5 Points		
11.Hold the door open for people. It's such a simple gesture but it sends a caring message.	1 Point		
12.Give up your seat for someone who needs it more than you.	2 Points		

Your Weekly Total: _____

Now head back to SkyBounders.Com and let us know how you got on! :)

