

EMPATHY PRACTICE #1

An appreciation audit

Appreciation improves empathy. Once per week, for six to eight weeks, think about three or four people you appreciate. For each person, ask:

- What do I admire?
- For what am I grateful?
- Do they know how they have contributed to me?
- If not, what will I do, and by when, to make sure they know?

We have found that simply being present to people we appreciate makes empathy more easily available.