



## Kindness and Compassion Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. I compliment others often		
2. I forgive easily		
3. I am a patient person		
4. I choose to be positive		
5. I reach out to others when they need help		
6. I comfort others with empathy and understanding		
7. I am respectful and honest		
8. I do thoughtful things for others		
9. I am authentic		
10. I am interested in what others have to say		
11. I am a good listener		
12. I accept people for who they are		
13. I think about the well-being of others		
14. I value other people's time		
15. I help others reach their potential		
16. I am generous with my time		
17. I show unconditional love		
18. I act with integrity		
19. I show gratitude toward others		
20. I want to make the world a better place		
21. I am considerate with my words and behavior		
22. I respect others feelings		
23. I am humble		
24. I recognize I am not perfect		
25. I smile often		
26. I always try my best		
27. I put other people's needs above my own		
28. I show emotion		
29. I feel other people's suffering		
30. I feel other people's joy		