

# BELIEVE IN YOU

Name: \_\_\_\_\_ Date: \_\_\_\_\_



This journal is designed for students and adults. *Go Be Great!*

# EMPATHY

/noun/

The ability to understand and share the feelings of another.

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This journal is a part of the **Inclusion Starts with YOU Toolbox**.  
Created by the team at BSN SPORTS for educators and students everywhere.

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## Welcome to the 5 Day Empathy Journal.

This book is designed for leaders of today and leaders of tomorrow. **The 5 Day Empathy Journal will help you define and recognize the power of empathy in your life.**

Every day for the next 5 days, take 10 minutes to read, think, and write. In fact, read the page for the day, think about the writing prompts for 3 to 5 minutes, and then write 4 to 6 sentences in the space provided. This short amount of writing is meant to uncover how empathy has been important for you and for the people that you care about.

When you need to, return to this journal and repeat the process. The ability to understand the feelings and perspectives of other people allows our communities to be supportive, inclusive, and strong. **Your empathy will help others heal, grow, and reach their full potential.**

Your community needs you. We Believe In You!



*Will you walk beside me?*

# BELIEVE IN YOU.COM

## WALK BESIDE ME.

**For thousands of years, humans have lived in community.** Community offers protection, resources, and support. Because of this, our brains are wired to feel empathy for other people. It's an important part of our social structure.

However, it's impossible for anyone to have the same exact experience as someone else. Even if we are in the same place at the same time – our histories and personalities make every person's experience unique. We can never truly "walk a mile in their shoes." But, that's not what empathy is.

Empathy is our ability to walk beside others as they experience the best and the most difficult emotions of life. To celebrate when others are happy and to feel sadness when others are hurting. Empathy is our ability to walk beside our community members and provide support.

### WHO DO YOU WALK WITH?

Community can take many forms. Sometimes it's a friend group. Other times it's the people we live with. It can even be other people that we spend a lot of time with.

Name a person that you can offer support to if they need it. Then, describe 1 thing that you could do to help them celebrate something fun and exciting. Next, describe 1 thing you could do for them when they're going through a challenging time.

*- write in the space below -*



## DAY 1

# BELIEVE IN YOU.COM

## SEE MY EMOTIONS.

**Core emotions give us energy to take action.** Being able to identify and name our emotions is very important for our personal well-being. Being able to identify the emotions of other people is an essential part of empathy.

**Fear, anger, sadness, disgust, joy and excitement are all core emotions that every person will feel.** By identifying when others are feeling one of these emotions, we can create a response that can be helpful to the other person.

For example, when a person feels sad – they will naturally look for comfort.

Your ability to identify sadness will help you give comfort to a friend.

Additionally, joy is an emotion that people naturally want to share.

Your ability to identify joy will help you celebrate with friends and family.



## DAY 2

### HOW CAN YOU TAKE ACTION?

Think back to a time when a person you care about was feeling a difficult and uncomfortable emotion.

Describe how you could tell that they were going through something challenging. Then describe how that made you feel.

What action did you take (or could you have taken) to show that person that you care about them?

*- write in the space below -*

# BELIEVE IN YOU.COM

## TALK WITH ME.

**For most emotions, talking with someone is a good way to help.** However, there are a few rules to follow when offering empathetic support.

**First, focus on the other person, not yourself.**

In the moment, it's okay to feel sad or angry. It may be uncomfortable, but it's important. It's not about you – it's about THEM.

**Second, help the person feel heard.**

One way to do this is to put away your phone and make sure it's out of sight. This helps you focus and is a visible signal that the other person is your priority.

**Third, create a connection.**

One way to do this is by asking the person clarifying questions. Most importantly, be sure you show concern and interest in their answers.

### **HOW DO YOU SHOW INTEREST?**

Think back to conversations that you've had that were important for a person that you care about.

List the ways that you showed them that you were listening and that their feelings were important.

Now, list one additional way that you could have shown even more concern.

*- write in the space below -*



## DAY 3

# BELIEVE IN YOU.COM

## TAKE A STAND WITH ME.

### **Taking a stand with another person shows that you value them.**

It shows that you're by their side and are willing to support their feelings and beliefs. Of course, make sure that you're staying true to your values. However, making the decision to stand with another person builds connection and trust. Standing up to bullying or hurtful behavior is an important way to take a stand.

*Here are 3 ways that you can take a stand.*

**One, speak up.** Phrases like, "this needs to stop," can be powerful when you see hurtful behavior. Don't be aggressive, but don't be quiet either.

**Two, encourage anyone who has been hurt to get help.** Let them know that you'll help them find a safe person to talk to and then follow through.

**Three, be a friend.** Tell any person who has been treated unfairly that they don't deserve to be treated that way. Be a good listener and stay by their side.



## DAY 4

### HOW DO YOU TAKE A STAND?

Think about a time when you saw or heard someone taking a stand for another person.

Describe the situation.

Why did that person take a stand?

Next, describe the actions the person took.

How did they take a stand?

Then, write about the outcome.

What was the result?

- write in the space below -

# BELIEVE IN YOU.COM

I WILL WALK BESIDE YOU.

**The good that you give to others will come back to you.**

When you demonstrate empathy and offer another person your support, you're building a relationship on trust and respect. Then, when you need support and kindness, that relationship will be there for you.

Here are 3 tips for asking a friend for the support that you need.

**First, be kind to yourself.** You deserve support and it's okay to ask for help.

**Second, be courageous and specific.** It can be difficult to ask for help. Practicing what you'll say to a friend can help you use specific words that will make the conversation clear and meaningful.

**Third, express gratitude for your friend's support.** Let them know how much it means to you and that they can count on you when they need support.

## HOW CAN YOU ASK FOR SUPPORT?

Take a few minutes to create a practice script that you can use when you need to ask someone for support.

First, write a sentence to yourself that reminds you that you deserve the support needed.

Second, write a sentence (or 2) that tells the other person why you need support and what kind of support would be helpful.

Third, write a statement of gratitude.

*- write in the space below -*



## DAY 5

# BELIEVE IN YOU.COM

## LET'S WALK TOGETHER

Support networks and communities can be small and mighty or large and tight-knit. The important thing about a community is its willingness to walk together.

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In your own words, define community.

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In your own words, define empathy.

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## LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

This journal-based experience is designed to help individuals reach the following leadership outcomes:

### Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

### Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
- Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
- Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.

### Civic and Service Learning

- Individuals will experience, reflect on, and recognize the value of serving others.

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The world needs you. We Believe In You.



For more information about the CADA Student Leadership Standards visit [www.cada1.org](http://www.cada1.org)



# BELIEVE IN YOU

Believe In You Empowerment Programming is made available free as a public service of the VARSITY BRANDS IMPACT Program.

This journal was created as a part of the BSN SPORTS Inclusion Starts with YOU Toolbox.

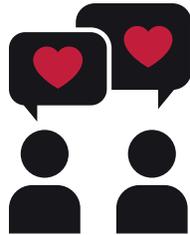
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