

Name \_\_\_\_\_

## Empathy Growth Journal

**Directions:** Read each prompt carefully. Write thoughtful, honest answers about your own experiences and feelings. Use complete sentences. You can respond in one sitting or add new entries over time to track your personal growth in empathy.



1. Describe a time you understood someone else's struggle. What made you realize how they felt?
2. Think of a situation when someone showed empathy toward you. What did they do that made you feel supported or understood?
3. Write about a time you could have shown more empathy but didn't. What might you do differently now?
4. Describe a moment when you helped someone feel better. How did your actions affect them and you?
5. Explain what empathy means to you in your own words. Why is it important for friendships, work, and leadership?
6. Think about your community or school. What is one small act of empathy you can practice this week to make a positive difference?
7. Write a short goal for how you want to grow in showing empathy to others.