

Tool #1: Compassion Exercise

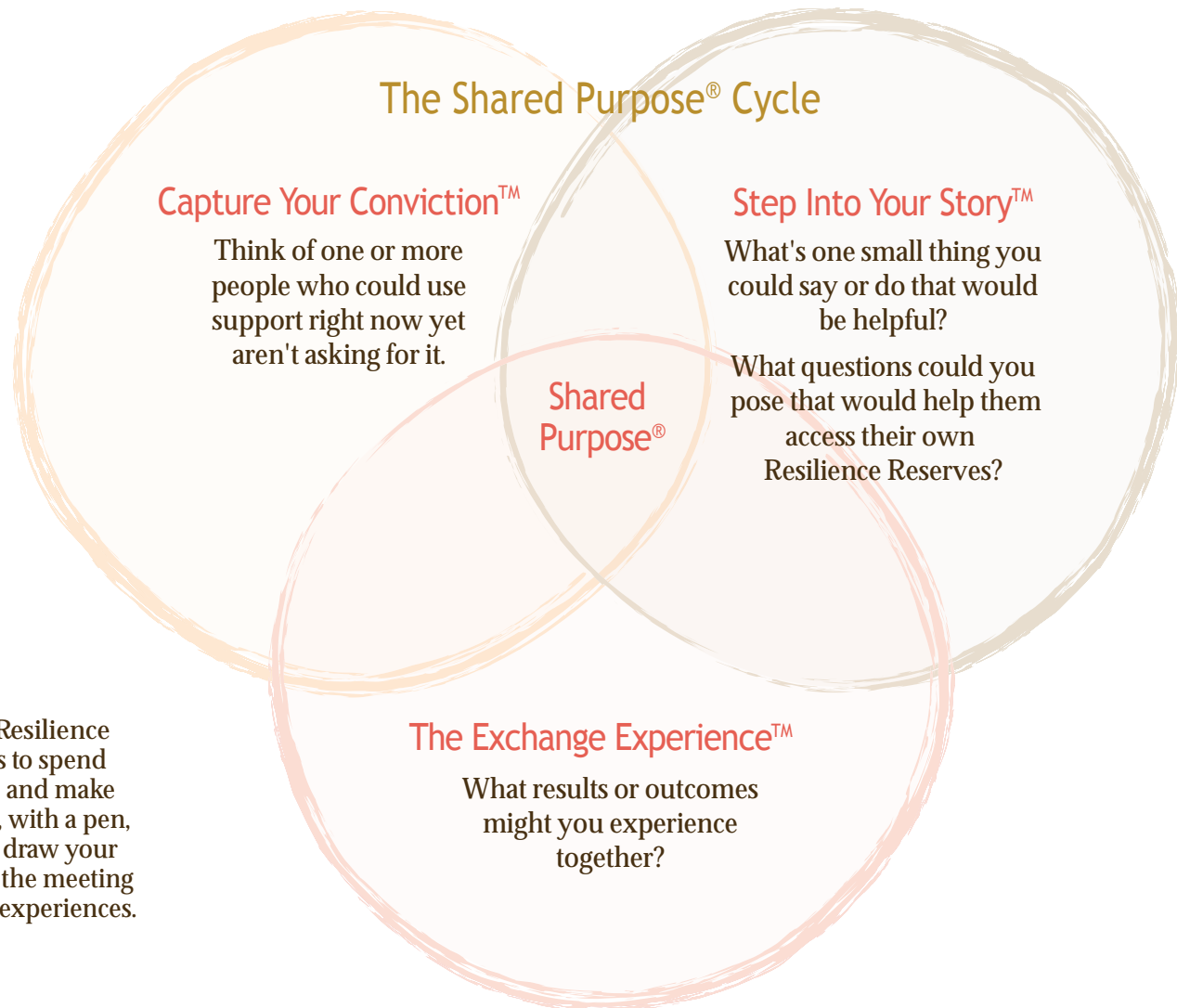
Raise the Gaze™ Tools

All of our Raise the Gaze exercises follow The Shared Purpose® Cycle: a critical thinking cycle you can apply to any important relationship or decision.

Capture Your Conviction, offers a pause to cleanse and recharge your intellectual batteries. As a result, you'll, Step Into Your Story – the marketplace of your relationships – with heightened clarity. The Exchange Experience, is the natural outcome of the first two phases – the mutual learning and growth that transpires when you're doing your best work in your best relationships.

Getting Started...

Distribute the exercise in advance of your Resilience Community's virtual meeting. Ask attendees to spend fifteen minutes to think through the exercise and make notes. We encourage you to write long-hand, with a pen, not a stylus, as it is physiologically proven to draw your deepest thinking. Attendees should come to the meeting ready to succinctly share their thoughts and experiences.



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