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This world presents alternate realities that keep me humble. Keeping my mind open enough to take in those realities brings my attention to the plight of others.

Strangers feel like extended family to me because we all originate from the same source of life. **Although our circumstances are different, we are the same.** When I see a difficult situation, I immediately feel inclined to empathize.

Seeing sad stories on the news about orphaned children inspires kindness. I donate to the work of children's homes because they offer a way for me to serve others' needs.

Although I have little intimate knowledge about suffering children, I connect with them through their emotions. Being able to relate to broken-heartedness is enough of a push for me to make someone else happy.

I willingly participate in outreach activities at my workplace and in my community. It is sometimes difficult to organize events

myself so I lend my assistance instead.

I remind others to do everything with love. Love adds more meaning to any activity.

Knowing that my worldly possessions belong to me for a short while makes it easy to part with them. I have much more than many others, so I choose to share my wealth.

Today, I find it fulfilling to open my heart to the voiceless and nameless people. Their stories are extensions of mine, so I do everything I can to make them positive.

Self-Reflection Questions:

1. How can I positively impact strangers during my regular daily routines?
2. What are some encouraging words I use to ease someone's burden?
3. In what other ways am I able to offer kindness to others?