

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #36: COMPASSION MEDITATION



“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

Maya Angelou’s sentiment behind this statement is that when we live life compassionately whether it be for ourselves or others we tend to be happier. Compassion allows us to not just be present in a moment but it cultivates enjoyment and fulfillment. If we have compassion for ourselves and others, then you can surpass minimum expectations for the day and instead feel rejuvenated and refreshed. It is important to show compassion for ourselves and other people every day.

Practice Compassion Today:



1. FIND A QUIET SPACE IN YOUR HOME OR SOMEWHERE OUTSIDE YOU FEEL COMFORTABLE AND CAN FIND PEACE IN.
2. FIND FIVE TO TEN MINUTES OF THE DAY YOU CAN SET ASIDE FOR THIS ACTIVITY.
3. PICK A GUIDED OR UNGUIDED MEDITATION.
4. SIT AND ENGAGE IN THE MEDIATION.
5. THANK YOURSELF FOR TAKING THE TIME TO BE MINDFUL AND COMPASSIONATE TO YOURSELF IN THAT MOMENT.

Parent Practice Tip:

Any kind of mediation can be difficult if you’ve never done one before, so show your child how to meditate. Have compassion and be patient with yourself or child when meditating for the first time.

To Learn More:

What is Compassion in Action?

How does compassion relate to meditation?

Example Meditation

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