

24 Acts of Compassion this Advent

SELF

Put your feet up and
CAPTURE 3 things you
loved about today

1

24

Pick a word that you
want to be your theme
for 2021

Call your
best friend
& reminisce

19

Put your phone down
and take a walk.
Notice the beauty
around you

21

Grab a cuppa
& WATCH the
sunrise or
sunset

12

Say "No" to
something, so you
can say "yes" to
something more
important

15

BREATHE. At anytime
today, take a
moment to focus on
your breath.

23

Treat
yourself to a
present to
celebrate
your
brilliance

18

Headphones on,
play your
favourite song

5

Spend 5 mins thinking about
what will make today great
for you? Live it.

9

Capture a learning
from one
conversation you had
today

2

Talk about a project you
are working on with
someone who has a
different perspective to
you

11

Call a colleague and
simply ask them
how they are...

4

Recognise someone else's
courage today

14

Remind a team
member of their
unique brilliance

22

Get together for a team
chat - no fixed agenda.
Notice what happens...

8

OTHERS

COLLECTIVE

Deliver a Xmas
treat to a
neighbour in need

6

Share a story with
your team that brings
meaning to the work
you do together

10

Treat someone you
don't know well to a
coffee today

17

Team What's
App topic :
share your
2020 work
highlights

3

Make an effort to get
to know someone
you don't normally
work with

7

Ask someone outside
your team, what they love
about being part of your
organisation

16

Make a memory
today with those
you are close to

13

Share your favourite
Ted Talk with your
network

20

love, peace, and joy

