

PIE
Power of Love in Action Worksheet
Suggestion for Use

Sometimes having suggestions for ways to engage in conversations is helpful. The Power of Love in Action Worksheet can be used in whole or part to give you ideas about different ways to encourage kindness and compassion.

First Column - INGREDIENT

From the *Ways to show Compassion* lists in this section of the Resources & Tools select the top 5-10+ that you think contribute to being kind.

Second Column – HOW IMPORTANT

In this column you can rate each of the ways you selected in column 1.

Third Column – GROUP IMPORTANT

You can rank order, from most to least important first as an individual and then within your family, classroom, school or group. From this you may choose the ways you want to focus on and encourage.

Forth Column – SELF-ASSESSMENT

Rate your own ability to behave in the ways selected that encourage kindness.

These last two columns offer an opportunity to explore existing conditions and people's behavior that promote meanness and that cause another person to feel bad.

Finally the sixth column focuses attention on the way people presently act that promotes kindness and causes someone to feel good. These are the situation you want to show encouragement.

Fifth Column – PRESENT SITUATION

Self-explanatory

Sixth Column – FUTURE

Self-explanatory