



LEADER LINKS

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that FBISD students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

COMPASSION

Definition:

COMPASSION is a sympathetic understanding of another person's pain with the desire to relieve it. A compassionate person shows respect and kindness towards others. Help develop a common vocabulary by communicating the meaning of COMPASSION through your daily actions.

Leader's Message:

A compassionate person always has a shoulder for someone to lean on or a kind word of encouragement. The beauty of compassion is that both the giver and receiver realize its benefits. It is through compassion that people attain the highest peak and deepest reach in personal satisfaction.

Food for thought:

Think about this quote by Edward Bulwer-Lytton*: *"A good heart is better than all the heads in the world."* Consider what this means to you. How does it apply to your life? Do you agree with it or not?

Action Prompt:

Grow compassion. Plant your life's garden with love, respect and kindness. Tend to your life and all in it – your family, friends, pets and even plants – with the seeds of love, respect and kindness and you will grow compassion in yourself and others. Take time today to sympathize with a friend who has a problem or a family member who is tired. A simple expression of sincere concern can immediately make things better.

**Edward Bulwer-Lytton (1803-1873) was an English novelist, playwright and politician.*