

Empathy Journal for Healthcare Students

Impact of Empathy

genuine

In each *Moment* of Care,

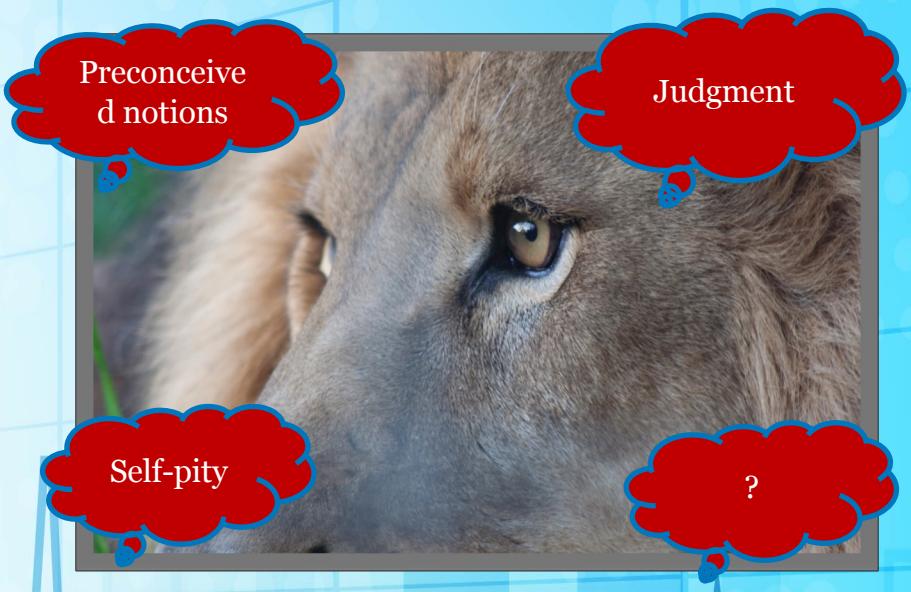
you will offer a

positive

Lifetime of Impact



Watch out for Empathy Killers!



Don’t forget to stay ChaRGD!



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Month:

Monthly Mantra

Make a goal this month to try something new and difficult. Ever been whale-watching?

Monthly Goals

(Write goals in a positive perspective, i.e., *I will eat an apple every day*, instead of *I will not eat brownies*):

Personal	Professional



Impact of Empathy

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Impact of Empathy

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Impact of Empathy

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Impact of Empathy

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Impact of Empathy

What was your greatest accomplishment last month?

Describe one fun activity from last month



What positive impact have you had on a patient, classmate, teacher or friend?

Month:

Monthly Mantra

Modify your goals, if necessary,
but stay true to yourself!

Monthly Goals

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Monthly Mantra

Make your goals SMART: specific, measurable, attainable, realistic, timely

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Monthly Mantra

Look back at your monthly goals this year. Which need more action?

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Monthly Mantra

Focus on what you CAN change!

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Monthly Mantra

Think of karma as something you give,
not something you receive

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Monthly Mantra

Perform a Random Act of Kindness.

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Month:

Monthly Mantra

Eat apples, but if you want a brownie, have a brownie!

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Monthly Mantra

Enjoy the rain. Water is life!

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Monthly Mantra

Think of goals as tasks that are achievable.
This will help you fulfill your dreams!

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Maximize your resources by converting a passion to a resource

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Empathy is looking and seeing

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