



COMPASSION CHALLENGE #1

COMPASSION CHALLENGE #2

COMPASSION CHALLENGE #3

# Compassion Challenge

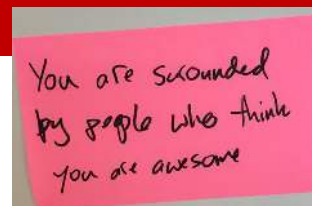
Say Hello to 10 People within the first 2 hours of your day!

Deliver an **uplifting note or quote** to someone's desk or car.

Keep your cell phone in your pocket while walking through hallways... For an Entire Day!

## Challenge Set # 1

Celebrate the 2016 C-I-CARE Patient Experience Week by joining the C-I-CARE Compassion Challenge!



COMPASSION CHALLENGE #4

COMPASSION CHALLENGE #5

COMPASSION CHALLENGE #6



After completing all of the challenges, answer these reflection questions:

**Self Care Break**

Take a walk outside.  
Take 10 deep breaths.  
Take a moment to smile.



**Learn 5** new things about someone.

**Share 5** things about yourself.



**Love the Environment**

Pick up every piece of trash you see on the way to your next meeting or appointment.



1. Which challenge did you enjoy the most and why?

2. Through these challenges, what did you learn? What was surprising?

3. Which of these challenges would you consider doing on a regular basis?

Send your answers above to [cicare@stanfordhealthcare.org](mailto:cicare@stanfordhealthcare.org) by Friday, May 6th for the chance to win the C-I-CARE Patient Experience Week Raffle!