

# Hearts That Care™ Participant Workbook

Building Compassionate, Character, Leaders Through Service, and Community Engagement

Heartlight Academy™

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# Copyright Page

**Hearts That Care™ Participant Workbook**

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# Welcome

Welcome to the *Hearts That Care™ Participant Workbook*

This workbook has been designed to support your personal growth and development through the principles of compassion, empathy, leadership, service, and community engagement.

As you complete these activities and reflections, you will explore opportunities to strengthen your relationships, enhance your leadership abilities, and make a meaningful contribution to the people and communities around you.

Growth begins with awareness and becomes meaningful through action.

# Program Overview

## The Hearts That Care™ Framework

The Hearts That Care™ program focuses on:

- Compassion
- Empathy
- Leadership
- Service
- Community Engagement
- Character Development
- Personal Responsibility
- Positive Relationships

## What I Hope to Gain

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# Personal Reflection

Why did I choose to participate in Hearts That Care™ ?

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What does compassion mean to me?

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Areas in My Life I Want to Strengthen

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# Compassion Self-Assessment

## Rate Yourself

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Consistently

1. I actively listen to others.

1  2  3  4  5

2. I demonstrate empathy toward others.

1  2  3  4  5

3. I contribute positively to my community.

1  2  3  4  5

4. I communicate respectfully during disagreements.

1  2  3  4  5

5. I intentionally practice compassion each day.

1  2  3  4  5

# Leadership Development

**What leadership qualities do I currently demonstrate?**

- Integrity
- Responsibility
- Respect
- Compassion
- Communication
- Teamwork
- Accountability
- Service

**My Leadership Strengths**

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**Leadership Skills I Want to Strengthen**

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**One Leadership Goal**

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# Community Engagement Plan

**A Need I See in My Community**

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**How Can I Help?**

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**Resources or Support Needed**

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**Target Date**

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# Personal Action Plan

## Goal 1

Action Steps:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## Goal 2

Action Steps:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## Goal 3

Action Steps:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

# Progress Review

## Progress Made

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## Successes

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## Challenges

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## Lessons Learned

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# Commitment Statement

## My Hearts That Care™ Commitment

I commit to practicing compassion, empathy, leadership, service, and positive community engagement in my daily life. I understand that meaningful change begins with individual action and grows through consistent effort and care for others.

## My Personal Commitment

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Certificate of Completion

**Hearts That Care™ Certificate**

This certificate is proudly presented to:

For successfully completing the

**Hearts That Care™ Participant Workbook**

and demonstrating a commitment to compassion, leadership, service, and community engagement.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Heartlight Academy™**

**Glow Spirit Press LLC™**

## About Heartlight Academy™

Heartlight Academy™ is dedicated to fostering compassion, character development, leadership, service, and lifelong learning through age-appropriate educational programs and resources. Through Little Hearts That Care™, Young Hearts That Care™, and Hearts That Care™, participants are empowered to develop the skills, values, and confidence needed to make a positive impact in their families, schools, workplaces, and communities.

For more information, visit:

[www.glowspiritpress.com](http://www.glowspiritpress.com)

## About Glow Spirit Press LLC™

Glow Spirit Press LLC™ is an independent publishing and educational media company dedicated to producing books, journals, workbooks, training resources, and educational materials that inspire personal growth, lifelong learning, compassion, leadership, and community engagement.

Through a diverse portfolio of publications and programs, Glow Spirit Press LLC™ seeks to empower individuals, families, educators, organizations, and communities with practical tools and meaningful resources that support positive transformation and social impact.

The company's publishing initiatives encompass educational programming, professional development resources, companion workbooks, journals, children's materials, leadership development content, and innovative learning experiences designed to meet the needs of learners across all stages of life.

Glow Spirit Press LLC™ is closely aligned with the mission of **Glow Spirit Foundation Inc.**, a nonprofit organization dedicated to advancing education, advocacy, community development, and service. Together, these organizations work to promote compassion, empowerment, inclusion, and meaningful opportunities for growth and engagement.

Through its publications, programs, and partnerships, Glow Spirit Press LLC™ remains committed to illuminating pathways of learning, understanding, and positive change.

For additional information, resources, and publications, visit:

[www.glowspiritpress.com](http://www.glowspiritpress.com)