

Practice Compassionate Badassery

a manifesto for helpers

We believe that self-care and service inherently belong together.
Our well-being fuels our impact.

We pledge to honor our own welfare;

And will not cause harm to ourselves, as we care for others.

Compassion is our superpower.

Healthy boundaries protect our big hearts.

We hold these contradictions and uncertainties:

Work hard and let go of the outcomes.

Can't fix it and show up anyway.

See the big picture and savor small rewards.

Seek out joy and allow pain.

We know that laughter is medicine.

Curiosity is connection.

Pausing is powerful.

Good enough is perfect.

Rest is revolutionary.

We are grounded in gratitude.

We have the strength to ask for and accept help.

We challenge systems and seek solutions.

We live with integrity.

We do the hard things.

We make mindful, vulnerable, courageous choices every day.

This is our path towards effective, ethical, sustainable giving.

We are practicing compassionate badassery.