## Self-Interest and Empathy Can you find a balance?

## The Qualities of Self-Interest

Ambition Goals Hard work Selfishness Desire Motivation Aspiration Drive Determination Success Achievement Advancement Empowerment Improvement Personal growth Prosperity Fulfillment Ambitiousness Competition Opportunism Self-preservation Individualism Gain Objectives Rewards

## The Qualities of Empathy

Compassion Understanding Sensitivity **Kindness** Connection Caring Consideration Support Sympathy **Open-mindedness** Listening Sharing Tolerance Altruism Emotional intelligence Perspective Warmth Humaneness Patience Generosity Non-judgmental Solidarity Thoughtfulness Resonance Relationship