

Action Guide

The Ripple Effect

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Remember: Our example or influence becomes a ripple effect. Whether our actions, or the words we speak are positive or negative, because of the ripple effect our influence continues to touch others.

Reflections:

We all can make a difference in other people's lives with a kind word, a willingness to serve, or even something as simple as a smile. When you do not expect anything in return, you ensure that the rewards you receive truly come from the act of giving!

Remember that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in fulfillment, taking ACTION will!

Application:

Our challenge for the next couple of weeks is two-fold. First, plan to do something nice for others. Second, encourage them to pay it forward and do something nice for another.

List the persons you will do something nice for. Write what you plan to do for each person. List your reasons why. **Then go and do it.**

Person: _____

What you plan to do: _____

Why? _____

Person: _____

What you plan to do: _____

Why? _____

Person: _____

What you plan to do: _____

Why? _____

Person: _____

What you plan to do: _____

Why? _____

Don't forget that when you do something nice for someone else and they ask how they may repay you, let them know there **is** something they could do for you, and ask them to return the favor by doing something nice for another.

You can do it, I believe in YOU!