

When the Ripple Returns

What the Starfish Story Never Told Us

Encouragementology®
the practice of instilling hope

DAY 1: Notice Who Is in Front of You

Who in your life might need to know that someone sees them, values them, or is thinking about them?

- Who has been on your mind lately?
- What might they be carrying that you cannot see?
- How could you reach out in a simple way today?

[illegible]

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DAY 2: Let Small Be Enough

Where have you been holding back because what you can do feels too small to matter?

- What problem has felt too big for you to influence?
- What is one small part you could affect?
- How would your perspective change if helping one person felt like enough?

[illegible]

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DAY 3: Remember Your Ripples

Who has made a lasting difference in your life through something they may have considered small?

- What did that person do that stayed with you?
- Did they ever know how much it mattered?
- How has their influence shaped what you now give to others?

[illegible]

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DAY 4: Plant Without Keeping Score

Where can you offer kindness without needing recognition, appreciation, or a particular outcome?

- When do you find yourself looking for a response?
- What would it feel like to give and simply release the result?
- What seed of encouragement could you plant today?

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DAY 5: Receive the Returning Ripple

How can you receive appreciation with gratitude when someone tells you that you made a difference?

- What returning ripple have you experienced?
- What did it reveal about an impact you could not see?
- How could that encouragement fuel you to keep giving?

[illegible]

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REFLECTION

After this week, how has your understanding of what it means to make a difference changed?

- Who is the starfish you are being invited to notice?
- What seed are you ready to plant without seeing the harvest?
- What ripple will you choose to send forward from here?

