

REFLECT ON YOUR RIPPLES.

BIG.

- What have you've done/created /achieved in your life that you are **most proud** of?
- How has that **positively** affected yourself, others and/or nature?
- What have you done/created /achieved you are **most ashamed** or disappointed of?
- How has that **negatively** affected yourself, others and/or nature?

SMALL.

- reflect on the past week, what did you do/say/consume that **positively** impacted yourself, other people or nature?
- reflect on the past week, what did you do / say / consume that **negatively** impacted yourself, other people or nature?
- How have you recently applied learnings from a big negative ripple effect (on the left) in the past?