

101 Simple Ideas To Create A Ripple Effect

- In your own life
- At home
- With family and friends
- In your community
- At work
- And around the world

IMAGINE



1. Buy coffee for the car behind you @ the drive thru
2. Smile at a stranger
3. Strive to become not only the best in the world but the best for the world
4. Be happy and share your joyous mood
5. Really strive to live in this present moment
6. Recycle
7. Slow down in every way
8. Let the car in front of you into your lane
9. Get some exercise (every day)
10. Play with your kids (every day)
11. Go for a stroll alone or with a loved one
12. Call a friend you have not talked to lately
13. Say "I love you"
14. Hug someone today
15. Eat completely healthy for one week or even one day and see how it feels
16. Fill every Sunday only with people and activities that matter most to you
17. Meditate
18. Laugh out loud
19. Make someone else laugh out loud
20. Listen
21. Focus on what is important (not urgent) today
22. Call your mother
23. Buy yourself flowers
24. Send a card in the mail to someone
25. Read a good book and share what you learned
26. Always stop to buy lemonade at lemonade stands
27. What inspires you? Put more of this into your life
28. Sponsor a child around the world
29. Become a "big brother" or "big sister"
30. Make your personal health a top priority
31. Be kind to yourself - treat yourself today
32. Take the dogs for a walk at your local SPCA
33. Volunteer for your favorite charity
34. Sponsor a family at Christmas
35. Go on a vacation (around the block or around the world) - rejuvenate your spirit
36. Spend time with someone who needs you
37. Have a garage sale & give the proceeds to charity
38. Refrain from gossiping at work
39. Stay late to help a colleague at work
40. Find a way to serve or help someone today
41. Become the most positive person you know
42. Tell someone you love that you "believe" in them and hold a positive vision for them
43. Give a small amount of money to Kiva (www.kiva.org) where \$10 could change a life
44. Buy a bouquet of daffodils & give them away, one at a time, to strangers walking down the street
45. Bake a huge batch of cookies and invite your friends over for tea
46. Offer to help fix whatever your neighbor is working on
47. Tell your kids that you love them
48. Show up as yourself, nothing more, nothing less
49. Get in touch with your favorite teacher from school - and tell them what they meant to you
50. Really listen when someone is speaking to you
51. Have the courage to do something that really scares you - every week
52. Make a list of 5 people who made a difference in your life and tell them so
53. Make a list of 5 people who you would like to make a difference towards and do so
54. See yourself through the eyes of someone who loves you completely and unconditionally
55. Take a break with a co-worker you don't know well and get to know them a little
56. Try to remember the names of your most frequent customers and/or places you shop
57. Write that book you always wanted to write
58. Discover your passion & share it with the world
59. Inspire a child to discover their passion
60. Gather your closest friends and have a monthly "random act of kindness" afternoon
61. Create rituals at home & at work that are simple, lively, fun, humorous and/or inspiring (silly fun like dancing in the kitchen, leaving notes for loved ones, etc.)
62. Cut your neighbors lawn
63. De-clutter your home and office - and donate items you do not want to the Salvation Army

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64. Do something good for the environment
65. Organize a “pot-luck” lunch to connect with colleagues at work
66. Play a practical joke (good taste) on someone
67. Send flowers anonymously to someone you love
68. Invite neighbors you’ve never met over for a summer evening of “bocce” out on the lawn
69. Become an organ donor
70. Give blood at your local Red Cross
71. Send a “thank you” note
72. Leave chocolates on the desk of a colleague
73. Visit your local senior center or nursing home and visit or read to the elderly
74. Perform some sort of “community clean-up”
75. Volunteer at your local “soup kitchen”
76. Give yourself the gift of solitude for an hour
77. Breathe deeply on a regular basis
78. Do something today to reduce stress in your life
79. Teach your children and grand-children the act of giving
80. Help build a home with Habitat For Humanity
81. Take school supplies to kids in need when you go on vacation
82. Give a scholarship to a child with Room To Read (www.roomtoread.org)
83. If you cut your long hair, donate it so that it can be made into wigs for Cancer Survivors
84. Conserve energy, electricity and water
85. Ride your bike instead of driving if you can
86. Don’t wait for Valentine’s Day to express your love to that special someone
87. Help someone with car trouble
88. Strive to align all aspects of your life with your values and integrity
89. Get rid of your “to do list” and focus on what’s really important in your life
90. Focus on your sharing strengths and delegate your weakness
91. Look for the good in every situation & have faith
92. Look people in the eye when you speak to them and show your undivided attention
93. Enjoy the journey - every moment of every day
94. Relax
95. Spend time focusing on your “inner gifts” and how you can utilize all of your talents in your work and life
96. Apologize for mistakes you have made in the past
97. Ask someone for help
98. Create a positive vision for yourself, people around you and the planet
99. Realize the incredible power of your thoughts and intentions
100. Get a group of friends & family together, on a regular basis, to develop ways to create a ripple effect in the world around you
101. Be kind to yourself - you are a source of miracles
102. _____
103. _____
104. _____
105. _____
106. _____
107. _____

Please share this list of
101 Simple Ideas To Create A Ripple Effect
with anyone you wish, adding more
of your own ideas!

Please email me at crystal@crystalflaman.com
if you would like more information on how to
create a ripple effect in your life and in the lives
of those around you.

To create a ripple effect movement, gather your
friends, save your coffee money for the week, find
a worthy person to bestow your ‘not so random acts
of kindness and get creative! Together, we can
change the world.

www.rippleeffectmovement.com

Thank you!
Sincerely yours, Crystal

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