THE RIPPLE EFFECT

SMALL STEPS. BIG IMPACT.



7-DAY ACTION GUIDE

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SMALL STEPS. BIG IMPACT. | 7-DAY ACTION GUIDE

You don't have to change everything today. Start with one intentional action in your life and one intentional action toward someone else.

PART 1 | MY ONE THING

What is one area of my life where I need to make a change?

What is one specific, realistic action I will take each day?

Why does this matter to me?

PART 2 | MY ONE PERSON

Who is one person I want to encourage, serve, or intentionally influence?

What is one action I will take to invest in that person this week?

When will I do it?

MY 7-DAY COMMITMENT

Each day, mark the box when you complete your personal action. Use the space below to note when you take your step toward someone else.

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐

One way I invested in someone else this week:

_____

_____

END-OF-WEEK REFLECTION

What did I learn about myself?

What difference did my intentional action make?

What is my next small step?

REMEMBER:

It starts with you, but it doesn't have to end with you.

Scripture to reflect on: Zechariah 4:10 | Matthew 5:16

Watch the two-part Ripple Effect video course at:

noblecounty.church/rippleeffect