

THE POWER UP # 8

Pebble in the Pond Ripple Effect Worksheet

Accountability is the pebble. Your choices make ripples of impact. Use this page to reflect on how your accountability expands outward into every circle of your life.

The Pebble: You

What's one specific choice of accountability you need to make today?

If you dropped that pebble right now, how would it change the way you see yourself?

First Ripple: Home

How would the people at your table or under your roof feel the effects if you owned more of your words, your actions, your mistakes?

What one act of accountability could make your family relationships stronger this week?



Second Ripple: Work

How would your team or colleagues describe the ripples of your accountability, or your lack of it?

What one “I’ll own it” moment could shift the atmosphere at work right now?

Third Ripple: Community

Where do you need to show up with more accountability beyond home and work, in your friendships, neighbourhood, or wider community? If you dropped the pebble here, what ripple could you start that outlives you?

The Wave: Legacy

What pebbles, daily acts of accountability, could build waves that define how you’ll be remembered?

If someone traced the ripples of your life, what would they find at the center?

Every accountable action is a pebble. Every pebble makes ripples. Every ripple builds waves. Drop the pebble today, and again tomorrow, and the day after that.

THE POWER OF YOU
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