

CREATE THE RIPPLE – Potential Cards

Exploring our potential creates ripples of fulfilment and possibility.



Enhancing my potential

These cards are self-awareness prompts, encouraging you to tap into your own unexplored strengths. What aspects of yourself could you explore further to truly unlock your untapped potential?

CREATE THE RIPPLE

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In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, ‘Oh, I’m going to reveal my weaknesses,’ you say, ‘Wow, here’s a chance to grow’.

Carol Dweck

”



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Do not judge me by my success, judge me by how many times I fell down and got back up again.

Nelson Mandela

”



Embrace a growth mindset



We can grow and develop our abilities and intelligence by putting in some effort, dedication and self-learning.

It’s all about having a growth mindset. When we embrace this way of thinking, we become so much more resilient and adaptable to whatever challenges come our way.



What belief about you, your abilities or situation is holding you back?

If you changed that belief, what might you be able to do?

Set some goals for yourself and work towards them. And don’t forget to celebrate your progress along the way! Remember, even if you hit a setback, it’s an opportunity for personal growth.

Keep going, you’ve got this!



Build resilience



Resilience is the ability to bounce back, overcome adversity and be our best selves.

It’s how we weather the storm, if you like. By building resilience, we become more adaptable and better equipped to handle the challenges life throws our way.



Develop healthy coping strategies for stress and setbacks.

For example, practise gratitude at the end of each day and find time for relaxing activities. Focus on what you can control. Surround yourself with a loyal support network. Learn from your experiences. What are you grateful for right now? Who are you grateful for right now? What can you do to get a better perspective of your current situation?

You’ve got this!



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Igniting our potential

These cards gently nudge us towards meaningful interactions that can unlock collective potential. What conversations could you initiate today to bring out the best in those around you?

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Listening is an attitude of the heart, a genuine desire to be with another which both attracts and heals.

J. Isham

”



Generous listening



Generous listening is a powerful tool that allows you to truly understand and connect with others.

By giving others your undivided attention, you create an environment where they feel valued and encouraged to express themselves even more of the time.



Practise generous listening when others share their thoughts or feelings with you.

Show interest, maintain eye contact and ask open-ended questions to engage them further.

What will you do today to clear the way for your undivided attention to lead to generously listening?



Encourage collaboration



Encouraging collaboration and teamwork can help others develop a sense of community and belonging.

By working together, they can learn from one another and achieve greater success.



Promote collaboration and teamwork among your peers.

Encourage them to work together, share ideas and support one another in achieving their goals with a “we can” attitude.

Which situations would benefit from greater levels of collaboration?

What will you do today to enable that to develop?



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Unlocking team potential

These cards aim to cultivate a team culture where unique talents and skills flourish, transforming potential into collective success. How can you facilitate a climate where everyone's strengths are recognised and leveraged?

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Focus on progress, not perfection.

Bill Phillips

”



Celebrate small victories



Recognising and celebrating small achievements in a team can create a positive and supportive environment that encourages growth and the development of potential in others. Productive and inclusive team environments create the opportunity to ask, “How do we celebrate the small wins?”



Be observant of the progress and accomplishments of those around you. Celebrate their small victories by offering genuine praise and encouragement. Share their achievements with others to inspire collective growth. Ask others how they would like to celebrate accomplishments.

What's a tangible milestone that indicates advancement we can focus on today? How will we mark this positive step?



Building a culture of potential

These cards provide insights into establishing an atmosphere where potential thrives, be it in a community or workplace. What steps can you take to make potential a celebrated aspect of a collective culture?

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It's only when you risk failure that you discover things. When you play it safe, you're not expressing the utmost of your human experience.

Lupita Nyong'o

”



Encourage a creative culture



We can foster a culture of potential by encouraging creativity.

We can reveal hidden potential by giving people the freedom to explore their passions and try new things. The philosophy should be: there is no such thing as a silly passion.



Provide opportunities for brainstorming, creative thinking and experimentation, whether that's using colourful pieces of paper and pens or technology-based solutions. Invite them to share their passions with each other. And encourage people to embrace mistakes and failure as part of the creative process. These “happy accidents” can turn out to be positive parts of the solution.

What resources can we introduce to encourage play?

