

CREATE THE RIPPLE Kindness Cards

A little spark of kindness adds a burst of positivity to our day



Getting to know Create the Ripple Kindness Cards

Create the Ripple Kindness Cards are your pocket-sized catalysts for positive change, centred around four crucial themes:

Self-kindness, kindness to others, team kindness and nurturing a culture of kindness.

They are also an invaluable resource for personal and professional growth and client engagement, offering something far greater than a check-the-box exercise.

Whether used for self-reflection or as part of a group experience in client sessions, team activities or broader community initiatives, they serve as your guide towards acts of kindness and care that are both meaningful and impactful.

By engaging with these cards, you're not merely going through the motions of kindness; you're igniting a ripple effect of positivity.

Your everyday acts contribute to a wider tapestry of kindness that enriches not just your life, but also the lives of those around you, and indeed, your broader community.



Self-Navigation

The Kindness Cards serve as personal reminders, nudging you to take small yet significant actions that benefit your wellbeing. They guide you towards moments of introspection, helping you foster a healthier relationship with yourself.

Ideas:

- Select a card each morning to set a self-kindness intention for the day.
- Share a particularly impactful card with a friend or loved one.
- Attach a card to your mirror, reminding you of its message every time you see your reflection.



Questions:

- What does this card's message mean for my self-care journey?
- How can I apply today's kindness focus in a meaningful way?
- In what ways can this card prompt a beneficial change in my daily routine?



One-to-One Conversations

In a coaching context, these cards serve as enlightening cues that deepen one-to-one relationships. They pave the way for real conversations and offer valuable takeaways for clients.

Ideas:

- Start or conclude coaching sessions by drawing a card to set the tone or provide a final reflection.
- Incorporate cards into discussions about objectives, lending an extra layer of inspiration.
- Assign the card's message as a reflective task between meetings.



Questions:

- How does this card resonate with your current challenges or goals?
- What action can you take to bring this kindness message to life?
- How might the insight from this card have both personal and professional implications?

Working with Teams

Team Kindness Cards invigorate team dynamics and cultivate a more harmonious working environment. They inspire shared moments of pause and connection, strengthening the bonds among team members.

Ideas:

- Incorporate a card draw into team meetings for collective reflection.
- Use the cards as a foundation for team-building activities or icebreakers.
- Set up a 'Kindness Board' where teammates can pin cards that resonate with them.



Questions:

- How can this card's message elevate our team's interactions?
- What concrete steps can we take as a team to enact this kindness message?
- How does this card align with our team's culture and core values?

Serendipity Kindness

This 'Serendipity' section encapsulates the limitless potential for acts of kindness, celebrating the essence of genuine goodwill. These cards adapt effortlessly to any situation, adding a touch of authenticity.

Ideas:

- Fold a card into a community outreach project for an extra layer of genuineness.
- Gift a card to a stranger as a fortuitous act of kindness.
- Keep a card in your wallet, always prepared for a meaningful, spur-of-the-moment connection.
- Share a poignant card with family and friends during gatherings.



Questions:

- What unexpected moment today offered a chance to use this card?
- How did this card's message encourage a fresh perspective or action?
- Who in your circle—friend, family, or colleague—could benefit most from this card's kindness message?

