

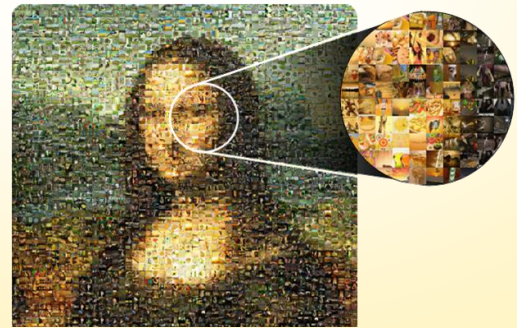
Pondering Point

Every day we are met with distractions and annoyances that threaten to ruin our entire day. This affects our attitude and behavior, which in turn affects those around us – rarely in a positive way. Many of us feel ushered through our days, leaving little to show for our effort. There are few things more depleting than not being able to quantify our usefulness at the end of the day. ***“I know I worked all day, but what good did I do?”*** It leads us to wonder if it is possible to make a difference in this world. It can be as simple as starting a small ripple of positive energy and watching it flow through all the people we come into contact with.

The biggest differences happen in the tiniest of moments. Think of looking at a painting by artist Monet. At three feet away we can see the big picture; a complete vision. As we approach the scene we notice the entire picture is comprised of tiny dots, each independent and intentional. This reminds us that we can make a difference in the big picture by creating our own individual moments. ***If our actions influence the “big picture”, shouldn’t they be positive ones? When we make the decision to be more optimistic and act positively, we set the example for others.*** Make the different now by starting a ripple and watching it spread!

Can I make THE difference?

How can I influence the BIG PICTURE?



Imagine... starting the ripple of positive change one smile, one greet and one helping hand at a time.

— From Pondering to Practice —

Activity:

Check out the Mimi Leder film "[Pay It Forward](#)" with Kevin Spacey, Helen Hunt, James Caviezel and Haley Joel Osment and have a group discussion on the concepts presented in the movie.

- Do you think such a project could work in real life?
 - Why or why not?
- Often we interact with the world expecting the worst from people. How would the world be different if we treated each other expecting the best from them?
- What can you do safely to make a positive difference in the lives of others?
- How are you different after seeing this movie? In what ways will you attempt to pay it forward?

Reflection:

Being able to make positive changes in our lives and those around us give us a sense of responsibility and empowerment. It is easy to get swallowed up by good intentions and neglect to follow-through. That is why it is important to identify those around us that can send us positive energy and build us up.

- Who are these people in your life?*
- At work?
 - At home?
 - In your community?
 - Friends and relatives?

"Spend some time each day focusing on what you did get done and what did go well."

- Nathan Eklund