The Ripple Map

WHAT YOU CARRY FORWARD

INNER CLARITY

What shifted in me?
What did I release?
What truth became louder?

RELATIONAL TRUST

Who walked beside me?
What support did
I receive or offer?
What new

What new connection emerged?



The Moment You Chose to Cross

EXTERNAL ACTION

What did I build, say, or share? What boundary did I honor? What step did I take?

LEGACY & IMPACT

What ripple did I leave? What message do I carry forward? What do I want others to feel?

Wisdom

VISION EXCHANGE

SUPPORT