



# I CREATE MY RIPPLE EFFECTS ON PURPOSE.

## DAY.28

**"Your energy is your currency. Spend it well. Invest it wisely. Fill yourself up continuously."**

How much energy do you have right now? How much did you have this month? How did you spend it? How did you refuel?

**Our energy speaks louder than our words.** That is the power of our being. That's why it is a game-changer to **take responsibility for the energy you bring into the room.**

As humans what we believe, think, feel, consume, act & react **either drain or fuel our energy or that of others.** Be conscious, and ask yourself regularly "is this worth the energy leakage?"

Guarding your energy goes beyond feeling good. How we feel affects how we think & react. For example, when we feel drained & depleted or stressed & pressured, the **smallest thing can make us explode or implode.** Being energized, on the other hand, enables us to zoom out in the present moment, to not take it personally, to oversee the ripple effects of our actions & reactions. To **break the cycle.**

We influence those around us. Not only with our words, our actions, but mostly with our being. Our energy. Our frequency.

When someone walks in all flustered, stressed or nervous, or angry & frustrated, we all sense it immediately. They affect those around us. Like a dark cloud in the room, or a nervous buzz.

**Attention is love.** Being fully present during a conversation, focusing all your energy on listening, and not getting lost in your own thoughts, worries & insecurities. Making an effort to truly listen, understand and value the other person, before jumping to conclusions or the judgement trap.

**Our energy is our most precious gift** to give to another person or nature. To spend time together, to help someone out, to truly listen, to care. Reflect on how, what we do, say, consume, feel, think affects ourselves in the future, others around us, and the natural world. Those are your ripple effects. Do they bring you a sense of joy?

**If not, then choose to change it. When you take responsibility big changes are created in daily moments.** The power of habits is the compilation of our daily actions over time. We become what we repeatedly do. We can change too. Do it not only for yourself but for the bigger picture in your sphere of influence.

Your legacy is the daily ripple effect you create. From making someone smile, to help change the world for the better. Whatever matters to you.

**It's up to you!**

# DAY.28

Phrase of the day: 'Today I create my ripple effects on purpose'

*Write this phrase in your journal.*

## PRACTICE

Today the cycle is completed. It's again New Moon.

In the morning listen to the 'SET INTENTIONS' meditation (10 minutes) to set your intentions for the upcoming moon cycle:

- Envision your future ideal self. The one that is fulfilled, healthy, smiling, compassionate and has abundance in all areas of life. The one that accepts himself but also actively works on himself to be a better person, every day.
- Focus on what you invite to let go of, and what to keep or start to help you grow. It can be a habit, story, or belief. Whatever comes up.

**Optionally:** We invite you to repeat any of the practices that helped you during these 28.DAYS. It can be a tool, a meditation or an observation.

It's a wrap!