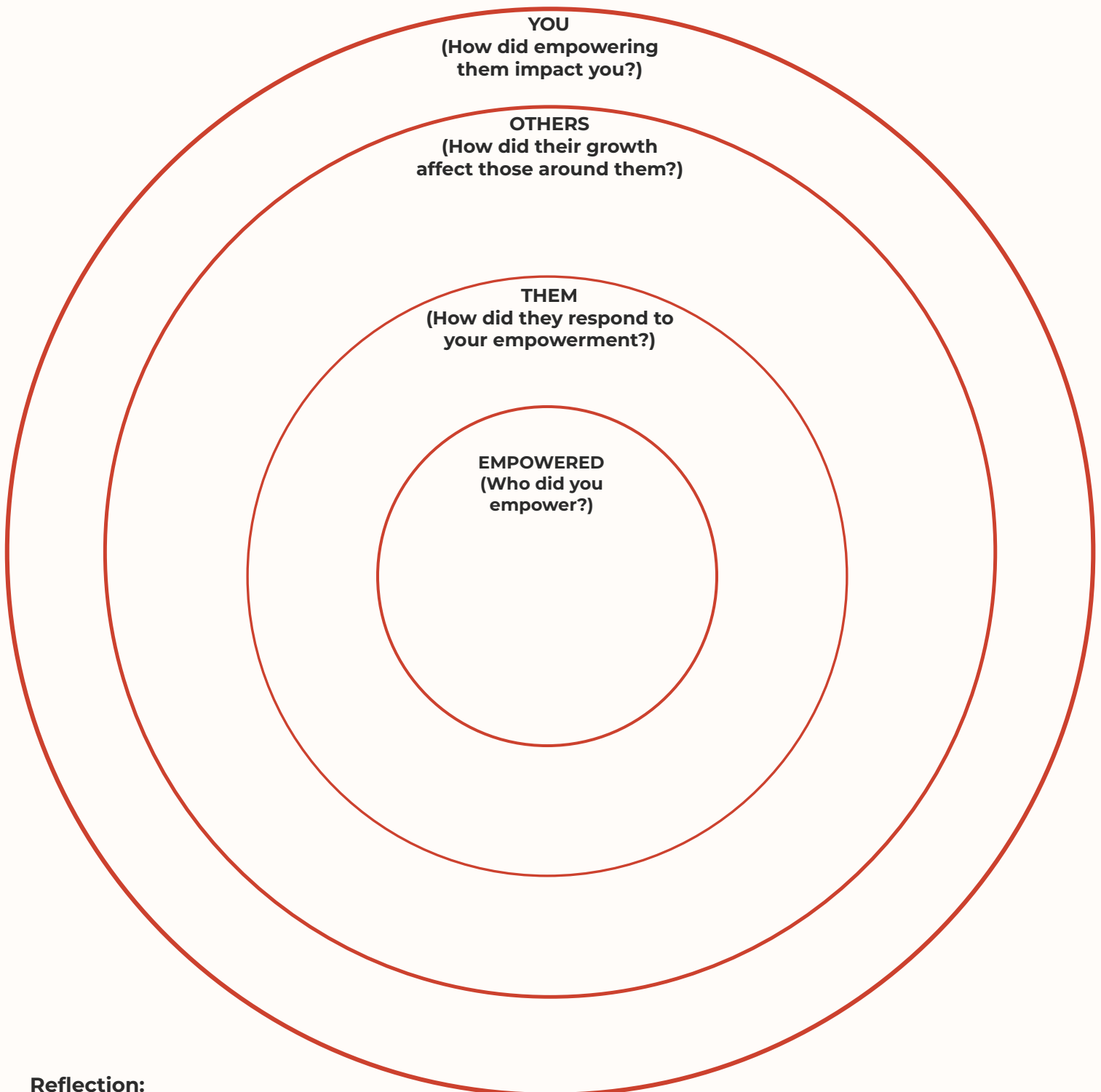




Day 19: Empowerment Ripple Map

PRINT THIS DOCUMENT

Use this map to visualize how your act of empowerment ripples outward. Start from the center by writing the name or initials of the person you empowered today. Then move outward, reflecting on how it impacted them, others, and ultimately, you, and write short word phrases, 4-6 phrases per circle. See page 2 for examples and inspiration.



Reflection:

What surprised you about this ripple effect?

What did you learn about your leadership through empowering someone else?



Empowerment Ripple Map - Inspiration Sheet

Use these example phrases to guide your own reflection as you complete your Empowerment Ripple Map. Each example starts from a different context and shows how empowerment ripples outward.

Example 1

Empowering a Teammate to Lead a Meeting

CENTER - WHO YOU EMPOWERED:

- J.S.
- Quiet but sharp communicator
- Usually stays in the background
- Asked to lead today's call

THEM - THEIR RESPONSE:

- Took ownership of the agenda
- Spoke with clarity and confidence
- Brought in fresh ideas
- Asked for feedback proactively
- Surprised themselves with impact
- Left feeling energized and seen

OTHERS - GROUP/COMMUNITY RESPONSE:

- Team felt more engaged
- Others contributed more ideas
- Increased collaboration post-meeting
- Team dynamic felt more balanced
- Trust seemed to grow quickly
- More shared leadership emerging

YOU - YOUR INTERNAL SHIFT:

- Learned to step back
- Felt pride, not fear
- Let go of perfectionism
- Gained more confidence in them
- Freed up mental space
- Realized my role is to lift

Example 2

Empowering a Child or Teen

CENTER - WHO YOU EMPOWERED:

- Avery (my daughter) 13 years old
- Struggles with self-doubt
- Asked her to plan dinner

THEM - THEIR RESPONSE:

- Planned the whole meal
- Asked for grocery list help
- Felt proud and capable
- Smiled more than usual
- Took charge of the kitchen
- Owned the outcome fully

OTHERS - GROUP/COMMUNITY RESPONSE:

- Family praised her effort
- We connected at dinner
- Siblings encouraged her more
- She got more confident
- Next day she volunteered more
- Her mood visibly lifted

YOU - YOUR INTERNAL SHIFT:

- Let go of micromanaging
- Saw her in a new light
- Felt emotional watching her lead
- Felt connected to her growth
- Inspired to empower more often
- Proud of both of us