

Small Acts Create Big Ripples

Key points

Everyone needs help from time to time.

Many people do small acts of kindness for others without realizing the impact they have.

Small acts of kindness emanate like a ripple and can have a great impact on the world.

Never underestimate the impact a small act of kindness can have.

Small acts can create a happier and healthier world.

Everyone in life needs help from time to time. Many people are afraid to ask for help. Some are too proud. Others have had experiences resulting in them placing a negative meaning on asking for help. However, asking for help can be beneficial for both parties – the helper and the beneficiary.

Many people, do small acts of kindness for others and never realise the true power of their act. Think of the smile you gave or received from a stranger, the dollar you gave a homeless person, the chat with your elderly neighbour, or the hug you gave a friend. It's the small acts that really count.

It has been proven scientifically that, due to the holographic nature of our universe, it only takes the square root of one percent of any given population to create change in the world. (The Maharishi Effect illustrated this with thoughts.)

Like a ripple, these small acts, emanate out into the world. If you ever question whether you have the time or energy to do something for someone else, remember the ripple effect and how small acts can make a difference in the world. Here is a well-known story (author unknown) to remind you of this:

My guiding principles in life are to be honest, genuine, thoughtful and caring.

Prince William

‘While walking along a beach, an elderly women saw someone in the distance leaning down, picking something up and throwing it into the ocean. As she got closer, she noticed that the figure was that of a young man, picking up starfish, one by one and tossing each one gently back into the water. As she came closer still she called out, “Good morning! May I ask what it is that you are doing?” The young man paused, looked up, and replied “Throwing starfish into the ocean.”

The elderly woman smiled, and said, “I must ask, then, why are you throwing starfish into the ocean?”

To this, the young man replied, “The sun is up and the tide is going out. If I don’t throw them in, they will die.”

Upon hearing this, the elderly observer commented, “But, young man, do you not realise that there are miles and miles of beach and there are starfish all along every mile? You can’t possibly make a difference!”

The young man listened politely. Then he bent down, picked up another starfish, threw it back into the ocean, past the breaking waves and said, “It made a difference for that one.”

You too can make a difference in the world with the small acts of kindness you do or show to someone else. It will ripple out into the world and perhaps help it become a healthier, happier place for everyone!



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Mandy is the Founder of Mindset for Success. As an International Mindset & Performance Coach, Speaker and Master Practitioner of Neuro Linguistic Programming (NLP) she is well equipped to help you skyrocket your results. Using her proprietary coaching model founded on cutting edge tools and techniques, her mission is to help you discover your vast untapped resources and shine. Her online coaching program means everyone can now access these transformational tools.