

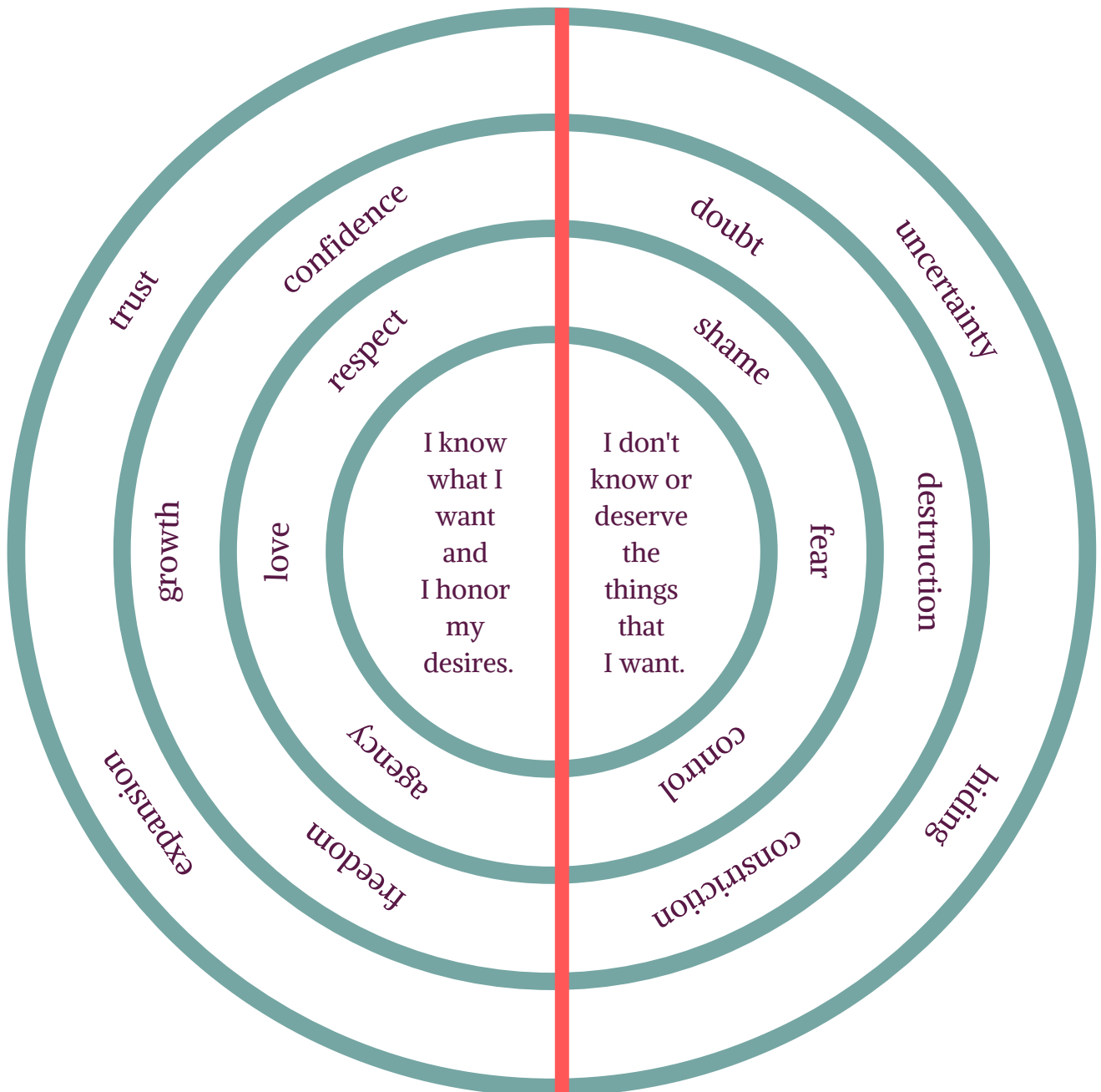


DATE:

# THE RIPPLE EFFECT

In every single moment you are becoming someone. She's either more of you, or less of you. She either knows what she wants and keeps stepping toward it, or she tells herself she's forgotten, or it no longer matters.

Here's an example of two different ripples.  
On the next page explore what you want your ripple effect to look like.



FOR MORE SUPPORT REACH OUT TO AMANDA, AND OR SCHEDULE A CALL AT [WWW.AMANDASTARKINGSLEY.COM](http://WWW.AMANDASTARKINGSLEY.COM)



## WHAT RIPPLE DO YOU CHOOSE?

Knowing that in life there will be a mix of all human emotion, start visualizing what your life might look like if you choose to honor your desires. Getting as specific as you like, what will happen if you follow your want.



FOR MORE SUPPORT REACH OUT TO AMANDA, AND OR SCHEDULE A CALL AT  
[WWW.AMANDASTARKINGSLEY.COM](http://WWW.AMANDASTARKINGSLEY.COM)