

QUIET IMPACT

WHAT YOU DO WHEN NO ONE'S WATCHING OFTEN MATTERS MOST.

IDENTIFICATION

From the list below, circle three statements that feel most true to who you are when no one is watching:

- I lead with empathy
- I prioritize people over tasks
- I make time to notice the small wins
- I believe everyone has worth
- I give more than I take
- I check in, even when it's uncomfortable
- I stay calm when others spiral
- I serve, even when it's unseen
- I seek growth through reflection
- I don't need credit to feel successful
- I believe trust is earned slowly
- I value silence as much as speech
- I see discipline as restoration
- I listen before I lead
- I'm okay with not being the loudest
- I believe change starts with consistency
- I keep showing up
- I lead like someone led me
- I know I'm part of a bigger story
- I am here to serve others



WHERE IN MY DAY DO I OFTEN FORGET THAT MY PRESENCE MATTERS?

WHEN WAS THE LAST TIME SOMEONE REMINDED ME OF MY WORTH?

WHAT ROUTINES OR HABITS HELP ME STAY ROOTED IN MY VALUES?

WHO AM I WHEN THE SPOTLIGHT IS OFF—AND IS THAT WHO I WANT TO BE?

CONNECT THE TOP 3 THAT YOU PICKED WITH A VALUE YOU STAND BY

PICK #1: _____
VALUE AND WHY: _____

PICK #2: _____
VALUE AND WHY: _____

PICK #3: _____
VALUE AND WHY: _____

Create a micro-goal that aligns your quiet actions with your deeper values—something you'll do weekly for the next month to build consistent impact.

SMART
PROMPT

RESOURCE OF THE WEEK



3 TIPS TO TRY!

- 1** BEFORE YOUR FIRST TASK, WRITE DOWN ONE PERSON YOU WANT TO POSITIVELY IMPACT THAT DAY. KEEP THEM IN MIND.
- 2** SEND ONE UNEXPECTED MESSAGE OF THANKS, ENCOURAGEMENT, OR PRAISE —EVEN IF IT'S JUST A STICKY NOTE OR HALLWAY COMPLIMENT.
- 3** AT THE END OF EACH DAY, REFLECT: "WHO DID I HELP TODAY?" LET THIS QUESTION ANCHOR YOUR EFFORTS AND FUEL YOUR NEXT ONE.