

I Make A Difference®

3-Step Wristband and/or Sticker Acknowledgment for a Planned Event

Step 1 • Each person receives one 'I Make A Difference' wristband and/or sticker to give to the person sitting behind him or her, and so on around the room, saying out loud and with eye contact if you can: "I want you to know that you **Make A Difference by the way you _____.**" Examples: *You make a difference by the way your smile lights up a room; by the way you help others; by the way you show you care,* etc. The last person in line gives the wristband/sticker to the person who started the Acknowledgment Chain.

Step 2 • Tell them that they can wear it every day, and **when they are having a tough day, to simply rub their finger over the words on the wristband (or look at their sticker) to remind them that they do** make a difference because someone told them so.

Tell them that if they have just been bullied, or embarrassed by someone, to turn the wristband inward, toward their own hearts, to help them remember just how valuable they are. (If stickers were given; turn it so you can look down and read it for yourself.)

Tell them if they are down or sad to turn the wristband/sticker outward toward the world of other people's hearts to remind themselves that there is ALWAYS someone out there in the world who needs someone like them to make a difference by kindness, assistance or even a simple smile.

Help them understand that by showing compassion for others, they'll feel better themselves. Compassion turns "me" into "we" and in that, when we "get outside" our own problems with others and put ourselves into their shoes, we access understanding and then can better communicate to find solutions.

Step 3 • **In the spirit of the NY Teacher's Pay It Forward acknowledgment story,** give each person 3 more wristbands/stickers to put on their wrist (or to keep in their pocket, purse or briefcase) to wear until they find people who have made a difference in their lives that they can pass the wristband/sticker on to saying why and how those people have made a difference in their lives, going through steps 1 & 2.

You may even suggest that one day, when they have received a random act of acknowledgment from someone else that they can pass the I Make A Difference Wristband/Sticker along to that person to keep the Wristbands/Stickers impacting lives. (Inside of each wristband/sticker is a website where other people can go to get wristbands so they can Pay It Forward in the spirit of Making A World of Difference through the profound power of Acknowledgment at: www.MakeADifference.com)

3-Step Wristband/Sticker Acknowledgment for Random Acknowledgment

Step 1 • **Notice when someone has just provided you with great service or random kindness:**

Ask them for a moment of their time to acknowledge them.

Step 2 • **Tell them how much you appreciate their kindness, help and/or service:** Take out a wristband / sticker and say: *This is a Wristband/ Sticker that says I Make A Difference® and I want to give it to you today because you really have made a difference to me in the last few minutes and here's why _____.*

Step 3 • **Respect their choice to receive your gift:** *Ask if they will accept your gift...when they say YES, then give them the wristband/ sticker.* Then give them 3 more wristbands/stickers to Pay It Forward to others.

Also ask for permission to give them a Hug. *If you can see they are not instantly open to this – or comfortable with this – simply smile and tell them that you hope they have a great rest of the day because they've really made your day.*

Always acknowledge the best in yourself and others and
the world will always change for the better before your very eyes.

– Mary Robinson Reynolds