



Secret Agents of Change: Operation L.

What I Didn't Know

At last I am learning it's okay
to be scared to the marrow
and still show up whole-hearted.
No shame it took so long
to learn this truth,
just giddy relief to finally trust
I can be clenched like a hedgehog
or poised as a snake
and still be open to finding love
at the center of what scares me.
And when I find no sprig of love there,
that is the chance
to offer love to the world
any way I know how—
with a gift, with my time,
with words, with touch,
or with a simple act of kindness.
And if I find I have no love
to muster, then that is the chance
to plant seeds of love in whatever
soil I find. And amend the ground.
And bring light. Bring water.

—Rosemerry Wahtola Trommer

Prompt

Secret Agents, Mission L is Mission Love.

It could also be Mission Lift, Mission Lend, Mission Listen, Mission Lighten, or Mission Link.

What makes this mission different—and especially mysterious—is that YOU decide what to name it and how to frame it.



Rosemerry wrote her poem after a conversation we had about YOU. About how necessary it is for us to show up and come together, even when everything feels like it's falling apart.

We must offer love to the world in any way we can. No matter how clenched or closed we are, no matter how sad or scared, no matter how fearful or furious.

Secret Agents, your mission—should you choose to accept it—is to show up wholeheartedly—even if your heart feels broken. Especially if your heart feels broken.

We are at a moment in time when your love, even the tiniest drop, is essential medicine for this planet.

In her poem, Rosemerry points to the Love Languages. If you've read Gary Chapman's book, you may know how you most like to receive love. Let that guide you in how you give love.

Consider what love language moves you the most. Then, give from that place:

- Words of affirmation? LIFT the spirit with kind words.
- Acts of service? LEND a hand.
- Quality Time? LISTEN with presence and love.
- Gifts? LIGHTEN hearts with thoughtful items.
- Touch? LINK through the senses.

Agents of Operation L, your mission—should you choose to accept it—is to move through the world as quiet forces of Love, using the Love Languages as your tools.

Use your creativity to imagine how you can anonymously offer kindness—to a loved one or a stranger. The world is waiting.

Scroll the next pages for a few ideas. However, we can't wait to hear YOURS!

Double Secret Agent Mission: Find a way to treat yourself to what you most need — in the love language that you most desire!— in order to be replenished to give more love to the world.

Operation L + The Love Languages

Words of Affirmation → LIFT the Spirit

- Kind words LIFT hearts, bringing encouragement and light.
- Leave uplifting notes, speak affirmations, or remind someone of their worth.
- Whisper words of love to those who need them most.

Specific Missions:

- Leave encouraging sticky notes in public places (bathroom mirrors, library books, inside grocery store aisles).
- Write an anonymous letter of appreciation to a teacher, nurse, or community worker.
- Create a small stack of inspiring quotes or affirmations on index cards and leave them in a coffee shop for others to take.
- Send an unsigned postcard or note to someone who might need a boost (someone grieving, someone working hard, a single parent).
- Write chalk messages of encouragement on sidewalks or walking paths.

Acts of Service → LEND a Hand

- Small acts of kindness **LEND** strength to those in need.
- Help, support, and show up in ways that ease another's burden.
- Be the quiet force that makes someone's day smoother.

Specific Missions:

- Pay for the coffee or groceries of the person behind you in line. Ask your waitress to give you the bill for the lone person in the booth next to you.
- Leave quarters in a laundromat or vending machine with a note saying, "A little kindness for you today."
- Shovel a neighbor's driveway, rake leaves, or take out someone's trash bin anonymously. Clean up the sidewalks in your neighborhood.
- Donate blood or plasma as an unseen way to help someone in need.
- Offer to babysit or pet-sit for an overwhelmed friend or neighbor without them asking. Don't tell them why or don't expect anything in return.

Quality Time → LISTEN with Love

- True presence means **LISTENING** deeply, without distraction.
- Offer your undivided attention, creating space for connection.
- Be fully there for someone, offering them the gift of time.

Specific Missions:

- Visit an elderly person who may not get many visitors and spend time listening to their stories.
- Pick up trash at a park or along a trail as a quiet act of care for the earth.
- Offer to run errands for someone going through a tough time but don't expect credit or tell them why you are doing so—just show up.
- Organize a group of friends for a “kindness walk” where you each do an anonymous good deed along the way.
- Start a conversation in line at the bookstore or at the bus stop. Ask an engaging question and listen with all your heart.

Gifts → LIGHTEN a Heart, BRING LIGHT to the World

- A thoughtful gift can **LIGHTEN** someone's burden or **BRING LIGHT** to their day.
- Give something that offers **comfort, warmth, or joy**—a candle to brighten a room, a book to inspire, a nourishing meal, or a small treasure that reminds someone they are loved.
- Surprise someone with a “**light-bringing**” gift—something that sparks hope, soothes the soul, or simply makes life a little easier.

Specific Missions:

- Leave a small bouquet of flowers or a sweetly wrapped candle on a stranger's doorstep with a note: “You are loved.”
- Hide dollar bills in random places—inside books at the library, under a gas pump handle, or in a coat pocket at a thrift store.
- Pack small care kits (snacks, socks, a kind note) and leave them in places where people experiencing homelessness might find them.
- Buy a gift card and secretly place it in a friend's purse or backpack or leave it in the cereal aisle of the grocery store.
- Wrap a small, thoughtful item (a book, candle, or treat) and leave it on a coworker's desk or neighbor's porch without a tag.

👐 Touch → LINK to Their Senses with Warmth

- A kind embrace, a reassuring touch, or even a shared smile can **LINK** people in love.
- Connection is felt physically, whether through a hug, a gentle hand on a shoulder, or a warm gesture of care.
- Let your presence be a bridge between hearts.

Specific Missions:

- Leave a basket of warm scarves, mittens, or socks in a public space for people to take if they're cold.
- Crochet or knit small heart-shaped patches and leave them for people to find.
- Drop off hand warmers or blankets at a shelter during the colder months.
- Place a soft, comforting stuffed animal in a donation bin for a child in need or drop it off at a children's hospital reception area.
- If appropriate, offer a kind smile to a stranger—sometimes warmth is felt through our presence alone.
- Play live classical music in a public place.

Don't forget to report back any news of your secret mission to our Facebook Group: www.facebook.com/groups/SecretAgentsOf-Change

If you do not have Facebook, you can email your story to sherry@simplycelebrate.net

