Welcome to the GOODNESS GAMES!

Participating in the GOODNESS GAMES is a great way to remind ourselves and others to continually do acts of goodness. The list below highlights 17 ways that you can rock the world with goodness! Check off each act of goodness in the list once you have completed it – you may want to hold a special celebration once you have completed all 17 acts of goodness! You may also want to write down a few details about what you specifically did to complete each act of goodness, when and where you did it, and so forth – then take a look at this list in the future for inspiration and encouragement to keep doing acts of goodness! Congratulations on rocking the world with goodness and making the world a better place!

□ **GIVE.** Give or share what you can with others, such as time, finances, food, clothing, and talents!

□ **RECEIVE.** Be willing to receive what others freely give, such as gifts, assistance, apologies, words of encouragement, and more!

□ **LEARN.** Ask questions, observe, listen, and increase your understanding of people and the world! Learn how to do or make something new!

□ **INSTRUCT.** Teach others what you know, or know how to do. Share your insights and knowledge to help make the world a better place!

□ **APPRECIATE.** Recognize and appreciate the value of others, and the gifts that they are to the world! Be thankful for all of the blessings in your life!

□ **REJOICE AND CELEBRATE!** Celebrate large and small victories, steps of progress, and happy things and events! Focus on the positive!

□ **FORGIVE.** Release and be released from painful situations and memories!

□ **BUILD AND ENCOURAGE.** Build people up instead of tearing them down; encourage instead of criticize. Find practical ways to help people – including yourself – achieve their goals and destinies!

□ **REST.** Trust in the Lord, and He will take care of the things that concern you. Give people and situations time to develop and shine! Get the physical, emotional, and mental rest that you need.

□ **SING AND DANCE AND MAKE ART!** Find creative ways to be expressive and share your ideas with the world!

□ **INSPIRE.** Be a role model and inspire others to achieve their goals and destinies!

□ **LEAD AND SERVE.** We are all called to lead in certain areas of life. How can you best serve the needs of those you are leading?

□ **PLAY.** Take time to enjoy life, use your imagination, and have fun!

□ **PERSIST.** Persistence and determination lead to success! Keep moving forward!

□ **PRAY.** Talk with the Lord! Bring your concerns to the Lord, and ask for His insight and guidance!

□ **DO AN ACT OF GOODNESS: YOUR CHOICE!** The world needs more goodness. What can you do to make the world a better place?

□ **PLAN MORE ACTS OF GOODNESS TO DO!** Review the different acts of goodness that you have done, and plan more acts of goodness to do in the future!