

Chalkboard Lesson № 1

WHAT DIFFERENCE DOES GOODNESS MAKE?

I. You Don't Have a Soul, You ARE a Soul. You HAVE a Body. – C.S. Lewis (smart, cool author guy)

II. You Know How to Care for Your Body

Brush teeth, clean behind ears, exercise, eat good food, get lots of sleep...BUT HOW DO YOU CARE FOR YOUR SOUL?

III. Diagram 1:

Just like your body, your soul needs to breathe. When you inhale Goodness, it activates your capacity to do good. You will exhale into the world what you take into your soul. To avoid soul pollution and a sick soul, you must breathe in good and THEN you will exhale your own unique expression of Goodness.



IV. How Do You Inhale Goodness? Get a DAILY dose of:

- Beauty...nature, art, music, poetry, good books, fresh natural foods, inspiring people, and more!
- Trueness...look for what is true about you and others. Take a spiritual journey. Let go of fear.
- Love...give and receive the love that is all around you.
- Life Giving Things...Find what you are passionate about; what makes you come alive – do these things!

V. What Every Soul Needs

To KNOW and be KNOWN, To LOVE and be LOVED, To SERVE and be SERVED, To CELEBRATE and be CELEBRATED. These are the deep desires of our soul. The cycle of give and take keeps us strong and healthy of soul.

VI. How SAVEGOODNESS.COM Can Help:

- Good Ideas...Giving you practical real ways to INHALE and EXHALE Goodness.
- Good Words...Words to move your heart and stir your soul – get you thinking.
- SaveGoodness.com Blog...The nitty gritty on Goodness
- Save Goodness Store...Great resources for your life of Goodness!