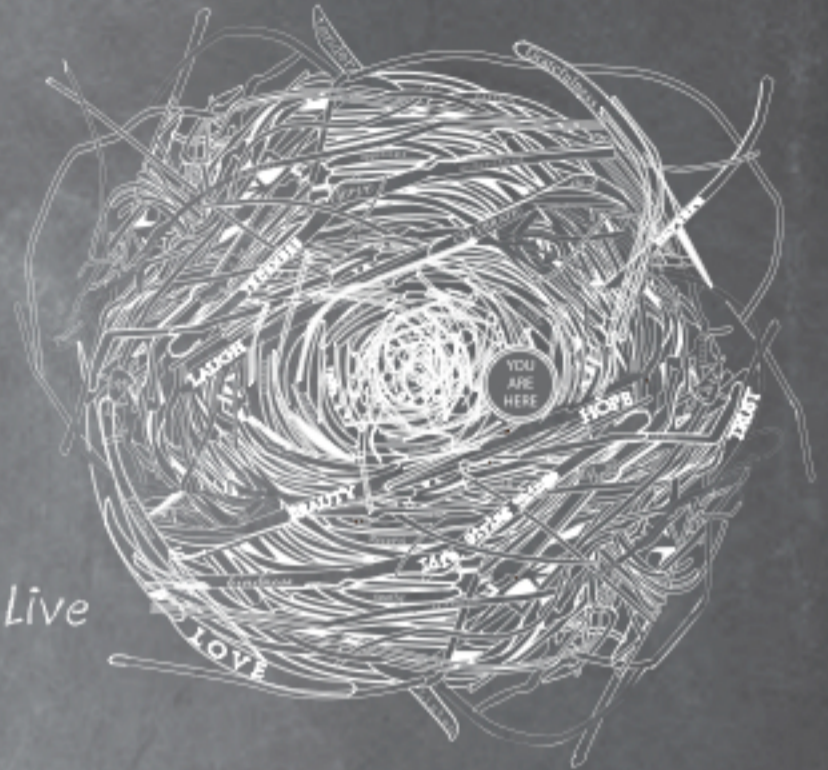


BUILDING A BETTER NEST.

I. Define Good

The ancient meaning of the word GOOD is a picture of a woven structure surrounding a person or family... Like a NEST.

- Implies that if something is good, then it helps create a healthy, balanced, protective environment so that you can function as you were created to.



II. A Good Nest = A Safe Place for your Heart to Live

III. Goodness = The "Twigs" of your Nest

The stuff you make your nest out of - the stuff you surround yourself with so that you can thrive or "fly"

IV. What Makes for Good Twigs? (some examples)

- Beauty
- Trueness
- Love
- Life-giving Things

V. What are Toxic Twigs? Twigs that Destroy Your Well-Being. (some examples)

- Fear
- Rage
- Shame
- Pride
- Intimidation
- Control
- Discouragement
- Worthlessness
- Humiliation

*** LOOK at Your Heart...Do You "Fly" or just get by?**

Want to know more? For a detailed look at Building a Better Nest, download the FREE "Field Guide to Goodness" from our Store.