

## ***Daily Schedule/Outline for the GOODNESS GAMES***

Here's a daily schedule that you can follow for the GOODNESS GAMES! You can start any day of the month or year and follow the schedule as listed below, or you can rearrange the activities in a way that best fits your needs and circumstances. You might also want to focus on a particular act of goodness for the duration of the program or for a certain length of time – e.g., you may want to concentrate on “giving” for all 17 days, or perhaps focus on “learning” for an entire week then add other acts of goodness as desired. You may even feel led to participate in the GOODNESS GAMES activities for a whole year! Enjoy rocking the world with goodness!

Day 1: GIVE

Day 2: RECEIVE

Day 3: LEARN

Day 4: INSTRUCT

Day 5: APPRECIATE

Day 6: REJOICE AND CELEBRATE

Day 7: FORGIVE

Day 8: BUILD AND ENCOURAGE

Day 9: REST AND BE PATIENT

Day 10: SING AND DANCE AND MAKE ART

Day 11: INSPIRE

Day 12: LEAD AND SERVE

Day 13: PLAY

Day 14: PERSIST

Day 15: PRAY

Day 16: DO AN ACT OF GOODNESS: YOUR CHOICE!

Day 17: R.A.P. (REVIEW AND PLAN). Hold a R.A.P. session/celebration! Review the different acts of goodness that you have done, and Plan more acts of goodness to do in the future!