

7 days of good

[www.7daysofgood.com](http://www.7daysofgood.com)

**MAKING THE WORLD A BETTER  
PLACE BY DOING GOOD**

## How it all began

How can one person change the world for good? Is it even possible? I wanted to make the world a better place, but I didn't know how. One day I sat down with my family and we came up with *7 Days of Good*. We challenged ourselves to do 7 good things to 7 people in 7 days. We believe by doing these simple acts, we will all change the world for good.

## Get Started

- Day 1 - Do good to a family member
- Day 2 - Do good to a friend
- Day 3 - Do good to an acquaintance
- Day 4 - Do good to a stranger
- Day 5 - Do good to a helpless person
- Day 6 - Do good to a person hard to love
- Day 7 - Do good to yourself

*7 Days of Good* has been designed to begin with your closest relationships and end with the most difficult. This will give you the practice and confidence to do good to everyone.

## The Tools

You have 3 tools at your disposal when doing *7 Days of Good*:

1. Heart
2. Time
3. Money

## The Rules

1. Complete all 7 days in the order listed.
2. Do good to 1 person each day using 1 or more of the 3 tools.
3. Have fun and be creative!

## Share Your Experience

Once you have completed your *7 Days of Good* we would love to hear about it. Please feel free to visit our website at [www.7DaysofGood.com](http://www.7DaysofGood.com) to share the good.

# Day 1

## FAMILY

What can you do today to do good to a family member?

**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**

# Day 2

## FRIENDS

What can you do today to do good to a friend?

**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**

# Day 3

## ACQUAINTANCES

What can you do today to do good to an acquaintance?

**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**

# Day 4

## STRANGERS

What can you do today to do good to a stranger?

**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**

# Day 5

## HELPLESS

What can you do today to do good to someone helpless?

**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**

# Day 6

## HARD TO LOVE

What can you do today to do good to someone who is hard to love?

**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**



# Day 7

## **YOURSELF**

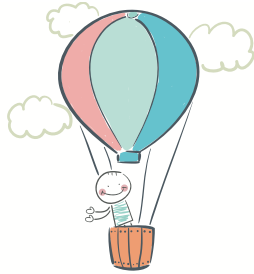
Congratulations! The good you have done will last forever!

On your 7th and final day the question is “What can you do today to do good for yourself?” Think of something that will make you a better person and then go for it!

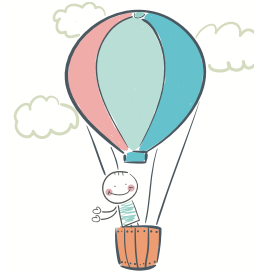
**WRITE YOUR IDEAS:**

**WRITE ABOUT THE EXPERIENCE:**

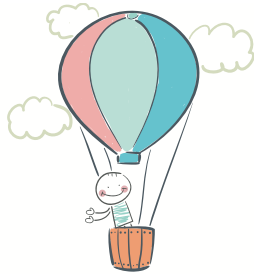
If someone asks why you are doing good, you can hand them one of these cards.



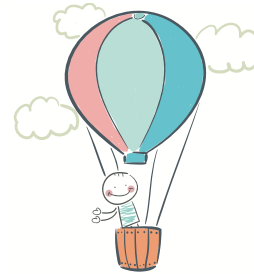
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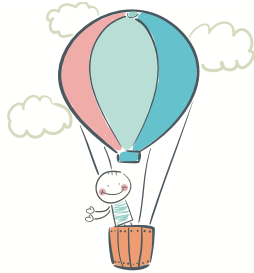
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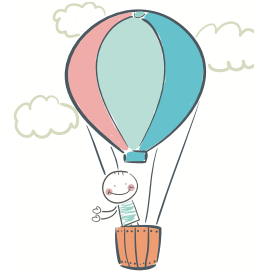
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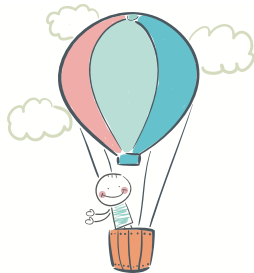
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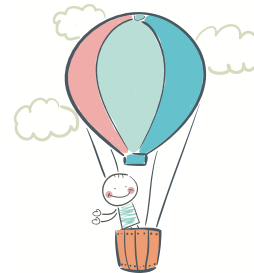
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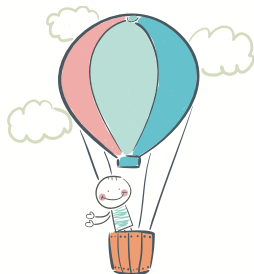
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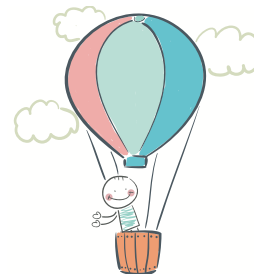
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