

Wisdom Cards Collection

20 Pull-Out Cards for Daily Guidance

How to Use These Cards

Purpose: Keep the principles of “Be Good, Do Good” visible and accessible in daily life.

Ways to Use: 1. Print and cut out each card 2. Place where you’ll see them: wallet, desk, mirror, car dashboard, phone case 3. Draw one daily for guidance 4. Share with others who need encouragement 5. Use as bookmarks in journals or books 6. Create a card deck for family discussions

Card #1: The Compass

BE GOOD. DO GOOD.

This is your compass. When lost, return here.

Your anchor: BE GOOD

Your rudder: DO GOOD

Your true north: INTEGRITY

Use when: Making any decision

Card #2: The Anchor

MY ANCHOR HOLDS

"You are already good. You don't have to earn it. You have to remember it."

Your integrity is your foundation. Check it daily.

Use when: Questioning your worth or feeling pressure to compromise

Card #3: The Rudder

I GUIDE WITH GOODNESS

"Being good is the foundation.
Doing good is the building."

Your actions reveal your character. Choose wisely.

Use when: Deciding how to respond to a situation

Card #4: The Storm

I AM BUILT FOR THIS

"The storm doesn't make you who you are. It reveals who you've always been."

Face it with courage. Your anchor holds.

Use when: Facing crisis, hardship, or fear

Card #5: Morning Mirror

AM I STILL GOOD?

Every morning, ask yourself:
"Is my core still solid?"

Not "Did I do good yesterday?"
but "Am I good today?"

Use when: Starting your day

Card #6: The Ripple

EVERY ACTION CREATES RIPPLES

You can't control how far they spread. You can control whether they're ripples of good or harm.

Choose ripples of good.

Use when: About to act, speak,
or post online

Card #7: Small Moments

SMALL MOMENTS MATTER MOST

You won't save the world in
one heroic act. You'll save it
in a thousand small choices.

The kind word. The held door.
The honest answer.

Use when: Feeling like your
actions don't matter

Card #8: The Three-Second Pause

WHAT WOULD MY BEST SELF DO?

When facing a choice, take
3 seconds. Ask this question.
Then do that.

Your best self knows the way.

Use when: Facing a difficult
choice or emotional reaction

Card #9: Storm Mantras

CHOOSE YOUR MANTRA

I am built for this
My anchor holds
I know my true north
This will pass; I remain

Repeat 3 times before reacting.

Use when: Under pressure or
overwhelmed

Card #10: The 100-Year Question

WHAT WILL MATTER IN 100 YEARS?

Not your title. Not your wealth.
Not your possessions.

How you made people feel.
What you taught them.

Use when: Making major life decisions about career, legacy

Card #11: Legacy Daily

LEGACY IS BUILT DAILY, NOT LEFT

"Legacy is not what you leave when you die. It's what you build while you live."

What are you building today?

Use when: Feeling like your daily actions don't create lasting impact

Card #12: Equal Dignity

THE JANITOR AND THE PRESIDENT
ARE EQUALLY VALUABLE

How you treat people "below" you reveals your true character.

Treat everyone with equal dignity.

Use when: Interacting with service workers, subordinates

Card #13: Beautiful Burdens

WHAT YOU CARRY IS NOT ALWAYS A
BURDEN

Sometimes it's a privilege.
The question is: Are you
carrying what matters?

Carry beautiful burdens.
Release toxic ones.

Use when: Feeling overwhelmed by
responsibilities

Card #14: Gratitude

YOU STAND ON SHOULDERS OF OTHERS

"You are here because someone
carried burdens for you. Honor
them by carrying burdens for
others."

Gratitude turns burdens into
bridges.

Use when: Feeling resentful
about what you must carry

Card #15: Wholeness Permission

YOU DON'T HAVE TO CHOOSE

Strong AND sensitive.
Warrior AND poet.
Disciplined AND creative.

You can be whole. Integration
is strength.

Use when: Feeling like you must
suppress part of yourself

Card #16: The After-Action

AFTER EVERY STORM, ASK THREE:

1. What held?
2. What broke?
3. What did I learn?

Growth comes from honest reflection, not judgment.

Use when: Recovering from failure, conflict, or crisis

Card #17: Service Without Recognition

TRUE SERVICE NEEDS NO AUDIENCE

"Do good even when no one is watching. Especially when no one is watching."

Your character is who you are in private.

Use when: Tempted to perform goodness for recognition

Card #18: Integrity Test

INTEGRITY IS WHAT YOU DO WHEN
NO ONE IS WATCHING

But here's the secret: YOU are always watching. You have to live with yourself forever.

Choose the self you can live with.

Use when: Tempted to compromise because "no one will know"

Card #19: The Compound Effect

ONE DAY OF GOODNESS CHANGES
NOTHING
ONE YEAR CHANGES YOU
ONE LIFETIME CHANGES THE WORLD

You don't need perfection.
You need consistency.

Use when: Feeling like giving up
because progress is slow

Card #20: Return to Compass

WHEN YOU DRIFT, RETURN

You will fail. You will
compromise. You will lose your
way.

That's not the end. Return to
your compass: Be good. Do good.

You are not your worst moment.

Use when: Recovering from
failure or feeling lost

Bonus: Blank Card Template

Create your own wisdom card:

[YOUR PRINCIPLE]

[Your personal wisdom or
lesson learned]

[What this means to you]

Use when: [Your situation]

How to Create Physical Cards

Option 1: Index Cards

1. Print this document
2. Cut out each card design
3. Glue to 3x5" or 4x6" index cards
4. Laminate for durability (optional)

Option 2: Business Card Size

1. Reformat each card to standard business card size (3.5" x 2")
2. Print on cardstock
3. Use a business card cutter or scissors
4. Keep in wallet, pocket, or card holder

Option 3: Digital Cards

1. Save each card as an image
2. Set as phone lock screen (rotate daily/weekly)
3. Save to favorites for quick access
4. Share via text when friends need encouragement

Option 4: Large Display Cards

1. Enlarge to 5x7" or 8x10"
 2. Frame and display
 3. Place on desk, bedside table, bathroom mirror
 4. Change cards based on current focus or need
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Suggested Card Groupings

Morning Routine Set (Cards to start your day):

- Card #5: Morning Mirror
- Card #1: The Compass
- Card #2: The Anchor

Decision-Making Set (When facing choices):

- Card #8: The Three-Second Pause
- Card #10: The 100-Year Question
- Card #18: Integrity Test

Storm Survival Set (During crisis):

- Card #4: The Storm
- Card #9: Storm Mantras
- Card #16: The After-Action

Daily Practice Set (For consistent living):

- Card #7: Small Moments
- Card #6: The Ripple
- Card #17: Service Without Recognition

Legacy Building Set (For long-term perspective):

- Card #11: Legacy Daily
- Card #12: Equal Dignity
- Card #14: Gratitude

Wholeness Set (For integration):

- Card #15: Wholeness Permission
- Card #13: Beautiful Burdens
- Card #3: The Rudder

Recovery Set (When you've failed):

- Card #20: Return to Compass
 - Card #16: The After-Action
 - Card #19: The Compound Effect
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Card Rituals & Practices

Daily Card Draw

Each morning, shuffle your cards and draw one. That's your focus for the day. Carry it with you. Reflect on it in the evening.

Weekly Card Focus

Choose one card to focus on for an entire week. Place it everywhere (mirror, desk, car, phone). Deep practice beats surface knowledge.

Partner Card Exchange

With a spouse, friend, or accountability partner: - Each person draws a card - Share why you need that card today - Check in at day's end: "Did you live your card?"

Family Card Night

Once a week, each family member: 1. Draws a card 2. Shares a story about when they lived (or failed) that principle 3. Commits to practicing it this week

Gifting Cards

When someone is struggling, give them the card they need: - Job loss → Card #4 (The Storm) - Difficult choice → Card #8 (Three-Second Pause) - Feeling worthless → Card #2 (The Anchor) - Overwhelmed → Card #13 (Beautiful Burdens)

Write a personal note on the back about why you chose that card for them.

Creating a “Be Good, Do Good” Card Deck

Full Set: 20 wisdom cards + 1 blank card for personalization

Box Label: “Be Good, Do Good: Daily Wisdom Cards”

Included Insert Card:

How to Use This Deck:

1. DAILY DRAW: One card each morning
2. MEDITATION: Focus on one card all week
3. DECISION TOOL: When stuck, draw for guidance
4. CONVERSATION STARTER: Discuss with family
5. GIFT OF WISDOM: Give a card to someone who needs it

Return to these principles when you drift.

Your compass: Be good. Do good.

Storage: Small decorative box, fabric pouch, or card tin

Make it a tradition: Pass the deck down through generations, with each generation adding their own wisdom card (Card #21, #22, etc.).

For printable card templates and digital versions, visit: <https://github.com/sattaru>