

Appendix: Bonus Materials

Welcome to Your Transformation Tools

Reading this book is the beginning, not the end. The principles of “**Be Good. Do Good.**” become powerful only when you move from understanding to practice.

This appendix introduces five bonus resources designed to help you integrate these principles into your daily life. These materials transform passive reading into active transformation.

Access All Bonus Materials

All bonus materials are freely available at:

<https://github.com/sattaru>

What you’ll find: - Complete downloadable PDFs - Printable templates and worksheets - Digital versions for phones and tablets - Discussion guides and facilitator resources - Community support and updates

Repository structure:

```
/bonus-materials
  30-day-challenge.pdf
  conversation-starters.pdf
  legacy-letter-template.pdf
  wisdom-cards.pdf
  reading-group-guide.pdf
  [additional resources]
```

The Five Bonus Resources

1. The 30-Day “Be Good, Do Good” Challenge

What it is: A structured 30-day journal and practice guide that helps you internalize the principles of this book through daily prompts, reflections, and actionable exercises.

Who it’s for: - Anyone wanting to move from inspiration to implementation - People who learn by doing rather than just reading - Those seeking accountability and structure

What’s included: - 30 daily prompts organized into 4 weekly themes: - Week 1: Building Your Foundation - Week 2: Leading Through Storms - Week 3: Building Legacy - Week 4: Living Whole - Morning practices and evening reflections for each day - Weekly compass checks to measure progress - Final integration exercise and personal manifesto template

How to use it: - Start the challenge solo or invite others to join you - Journal your responses (digital or handwritten) - Share your progress with an accountability partner - Repeat the challenge quarterly to deepen your practice

Best for: Individual transformation and accountability

Download at: <https://github.com/sattaru> (30-day-challenge.pdf)

2. Conversation Starters & Discussion Guide

What it is: A comprehensive collection of questions and activities designed to facilitate meaningful conversations about integrity, leadership, legacy, and purpose.

Who it's for: - Families reading the book together (includes age-appropriate questions) - Book clubs and reading groups - Workplace teams exploring values and leadership - Faith communities discussing service and sacrifice - Educators and youth group leaders

What's included: - **Parent-child conversation starters** (for ages 8-15) - Chapter-by-chapter questions and activities - Drawing exercises and creative prompts - Family discussion rituals

- **Deep family discussions** (all ages)
 - Character questions
 - Storm questions
 - Legacy questions
- **Book club discussion questions** organized by theme:
 - Integrity (Chapters 1 & 2)
 - Leadership in hardship (Chapter 3)
 - Legacy (Chapter 4)
 - Service & sacrifice (Chapter 5)
 - Wholeness (Chapter 6)
- **Workplace team discussions** on ethics and leadership
- **Faith community spiritual reflections**
- **Student group discussions** (ages 13-18)

How to use it: - Choose questions relevant to your group - Use chapter-by-chapter or thematically - Start with icebreakers, go deep with reflection questions - End with action commitments

Best for: Group transformation and shared learning

Download at: <https://github.com/sattaru/conversation-starters.pdf>

3. The Legacy Letter Template

What it is: A guided template for writing your own legacy letter—a written expression of your values, lessons, and love for someone important in your life.

Who it's for: - Parents wanting to pass wisdom to children - Grandparents creating family heirlooms - Mentors writing to mentees - Anyone wanting to articulate their values and legacy

What's included: - **Template 1:** The Foundation Letter (for children/younger generation) - Sections on “Be Good,” “Do Good,” hardest lessons learned - Storm guidance and decision-making frameworks - Personal messages and final words

- **Template 2:** The Values Letter (for any recipient)
 - Values articulation with examples
 - People who shaped you
 - Lessons learned and mistakes made
- **Template 3:** The Gratitude Letter (honoring someone who sacrificed for you)
 - What they carried
 - What you didn't understand then
 - How you'll honor them

- **Template 4:** The Crisis Letter (to be opened in specific circumstances)

- “Open when you’re facing a hard decision”
- “Open when you feel like giving up”
- “Open when you become a parent”

- **Writing tips:** How to be honest, specific, and actionable

- **Delivery guidance:** When and how to share your letter

How to use it: - Choose the template that fits your purpose - Fill in prompts with your personal stories and wisdom - Revise and update annually - Share during meaningful moments or store for later

Best for: Intergenerational wisdom transfer and legacy building

Download at: <https://github.com/sattaru/legacy-letter-template.pdf>

4. Wisdom Cards Collection (20 Cards)

What it is: Twenty pull-out cards featuring the core principles from the book, designed for daily guidance and quick reference.

Who it’s for: - Anyone wanting daily reminders of the principles - People who benefit from visual cues - Those seeking portable wisdom for on-the-go encouragement - Gift-givers looking for meaningful additions to the book

What’s included: - **20 wisdom cards** with principles like: - Card #1: The Compass (“Be Good. Do Good.”) - Card #2: The Anchor (“My anchor holds”) - Card #4: The Storm (“I am built for this”) - Card #7: Small Moments (“Small moments matter most”) - Card #10: The 100-Year Question - Card #11: Legacy Daily - Card #18: Integrity Test - Card #20: Return to Compass - ...and 12 more

- Each card includes:
 - Core principle
 - Brief wisdom quote
 - When to use it (specific situations)
- **Bonus blank card** for personalization
- **Instructions for creating physical cards:**
 - Index card format (3x5” or 4x6”)
 - Business card format (3.5x2”)
 - Digital phone lock screen format
 - Large display format (5x7” or 8x10” for framing)
- **Suggested card groupings:**
 - Morning Routine Set
 - Decision-Making Set
 - Storm Survival Set
 - Daily Practice Set
 - Legacy Building Set
 - Recovery Set
- **Card rituals:** Daily draw, weekly focus, partner exchange, family card night

How to use it: - Print and cut cards to carry with you - Frame cards for display on desk or bedside table - Save digital versions as phone lock screens - Draw a card daily for guided focus - Give specific cards to friends who need encouragement

Best for: Daily practice and visual reminders

Download at: [https://github.com/sattaru \(wisdom-cards.pdf\)](https://github.com/sattaru/wisdom-cards.pdf)

5. Reading Group Guide

What it is: A complete facilitator's guide for leading a 6-8 week book study group, with session plans, discussion questions, activities, and leadership tips.

Who it's for: - Book club leaders - Faith community discussion facilitators - Workplace team leaders exploring values - Educators creating curriculum around the book - Anyone organizing a group reading experience

What's included: - **Complete 7-session structure:** - Session 1: Preface & Introduction (Foundation & Family Legacy) - Session 2: Chapters 1 & 2 (The Anchor & The Rudder) - Session 3: Chapter 3 (Leadership in the Storm) - Session 4: Chapter 4 (Legacy - Building What Lasts) - Session 5: Chapter 5 (The Beautiful Burden) - Session 6: Chapter 6 & Conclusion (The Poet - Wholeness) - Session 7 (Optional): Integration & Accountability (30 days later)

- **For each session:**
 - Opening activity (icebreaker or reflection)
 - 8-10 discussion questions
 - Group activities and exercises
 - Closing commitments
 - Preparation for next session
- **Facilitator resources:**
 - How to create safe discussion space
 - Managing difficult dynamics
 - Time management tips
 - Engagement strategies for quiet participants
 - Reflection guide for facilitators
- **Follow-up ideas:** What to do after finishing the book

How to use it: - Follow the 7-session structure or adapt to your timeline - Choose questions most relevant to your group - Use activities to deepen engagement - Create accountability through closing commitments

Best for: Structured group learning and facilitation

Download at: [https://github.com/sattaru \(reading-group-guide.pdf\)](https://github.com/sattaru/reading-group-guide.pdf)

Getting Started: Choose Your Path

Not sure where to begin? Here's guidance based on your situation:

If you're reading alone:

1. Start with the **30-Day Challenge** for personal transformation
2. Use **Wisdom Cards** for daily reminders
3. Write a **Legacy Letter** to someone important

If you're reading with your family:

1. Use **Conversation Starters** for parent-child discussions
2. Do the **30-Day Challenge** together (check in weekly)
3. Create and exchange **Wisdom Cards**

If you're part of a book club:

1. Use the **Reading Group Guide** for structure
2. Use **Conversation Starters** for discussion questions
3. End with everyone writing **Legacy Letters** to share

If you're leading a workplace team:

1. Use **Reading Group Guide** for facilitation
2. Focus on workplace questions in **Conversation Starters**
3. Create team **Wisdom Cards** with your organization's values

If you want to gift this book:

1. Include a **Legacy Letter** you've written to the recipient
2. Add 3-5 printed **Wisdom Cards** specific to their current situation
3. Suggest they start the **30-Day Challenge** on a meaningful date

How to Maximize These Resources

1. Don't Just Download—Engage

These aren't meant to be read once and forgotten. They're tools for transformation.

Best practice: - Choose ONE resource to focus on for 30 days - Engage fully rather than sampling lightly
- Track your progress - Share your experience with others

2. Adapt to Your Needs

These templates are starting points, not rigid requirements.

Feel free to: - Modify questions to fit your context - Add your own wisdom cards - Create hybrid resources
- Translate to other languages - Share adaptations with the community

3. Build Accountability

Transformation happens in community, not isolation.

Create accountability by: - Finding a partner to take the 30-Day Challenge with you - Starting a reading group - Sharing your manifesto with someone you trust - Scheduling regular check-ins

4. Return Regularly

These principles deepen with repeated practice.

Make it a rhythm: - Retake the 30-Day Challenge quarterly - Review your Legacy Letter annually - Use Wisdom Cards daily - Host a reading group every year with new people

5. Pay It Forward

The principles of "Be Good, Do Good" ripple outward.

Spread the impact: - Gift these resources to others - Facilitate a group discussion - Share your manifesto publicly - Mentor someone through the 30-Day Challenge - Contribute your own resources to the community

Join the Community

Beyond the downloads, you'll find: - **Discussion forums:** Connect with other readers - **Monthly prompts:** Continue the practice beyond 30 days - **Shared stories:** Learn how others are living “Be Good, Do Good” - **Resource updates:** New materials added regularly - **Facilitator support:** Tips and shared experiences from group leaders

Visit: <https://github.com/sattaru>

Connect: Share your journey using #BeGoodDoGood

A Final Word on These Resources

These bonus materials exist because **wisdom without practice is just information.**

You've read the book. You understand the principles. Now comes the harder, more important work: living them.

**“Be Good. Do Good.” is not a philosophy to admire.
It's a compass to follow.**

These resources are your navigation tools. Use them. Adapt them. Share them.

Most importantly: **return to them when you drift.**

Because you will drift. We all do.

The question is not whether you'll lose your way. The question is whether you'll have the tools and the courage to return to your compass.

You have the compass: Be good. Do good.

Now you have the tools: Five resources for the journey.

What remains is the choice: Will you use them?

Quick Reference: What's Where

Resource	Best For	Key Features	Download Link
30-Day Challenge	Personal transformation	Daily prompts, weekly themes, manifesto	github.com/sattaru
Conversation Starters	Family & group discussions	Age-specific questions, activities	github.com/sattaru
Legacy Letter	Wisdom transfer	4 templates, writing guidance	github.com/sattaru
Wisdom Cards	Daily reminders	20 cards, printable, digital	github.com/sattaru
Reading Group Guide	Facilitation	7 sessions, leader tips	github.com/sattaru

Questions or Feedback?

Have questions about the materials?

Want to share how you're using them?

Have suggestions for new resources?

Reach out through: <https://github.com/sattaru>

Your feedback helps make these resources more useful for everyone in the community.

One Last Thing

Thank you for reading this book.

More importantly, thank you for choosing to live it.

The world doesn't need more people who know what's right.

The world needs more people who do what's right.

You are one of those people.

Your compass: Be good. Do good.

Your tools: These five resources.

Your choice: Every day, every moment.

May your anchor hold.

May your rudder guide true.

May your legacy be beautiful.

Be good. Do good.

All bonus materials freely available at: <https://github.com/sattaru>

Appendix: About the Bonus Materials

Created: February 2026

Purpose: Transform reading into practice

License: Free to download, print, adapt, and share for personal and group use

Attribution: When sharing or adapting, please credit the original book and author

Updates: New materials and community contributions added regularly

Visit the repository for: - Latest versions of all materials - Additional resources created by the community
- Translations in other languages - Printable PDF versions optimized for different paper sizes - Digital formats for tablets and e-readers

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