

Bonus Materials for “Be Good and Do Good”

A Father’s Message to His Child

What’s in This Folder

This folder contains **five comprehensive bonus resources** designed to help readers transform the principles from the book into daily practice.

All materials are **free to download, print, adapt, and share**.

Files in This Collection

1. `appendix-bonus-materials.md`

The main appendix that appears in the book itself. This introduces all five bonus resources and directs readers to this GitHub repository.

Contents: - Overview of all bonus materials - Getting started guidance - Quick reference table - Community information

Use this: As the book’s appendix or as an introduction to these materials

2. `30-day-challenge.md`

A structured 30-day journal and practice guide with daily prompts and reflections.

Contents: - 30 daily prompts organized into 4 weekly themes - Morning practices and evening reflections - Weekly compass checks - Personal manifesto template - Progress tracking tools

Best for: Individual transformation and accountability

Time commitment: 10-15 minutes daily for 30 days

3. `conversation-starters.md`

Comprehensive discussion questions and activities for various group settings.

Contents: - Parent-child conversations (ages 8-15) - Deep family discussions (all ages) - Book club discussion questions organized by theme - Workplace team discussions - Faith community spiritual reflections - Student group discussions (ages 13-18) - Facilitation tips

Best for: Families, book clubs, teams, faith communities

Time commitment: 60-90 minutes per discussion session

4. `legacy-letter-template.md`

Guided templates for writing your own legacy letter to pass wisdom to the next generation.

Contents: - Template 1: The Foundation Letter (for children/younger generation) - Template 2: The Values Letter (for any recipient) - Template 3: The Gratitude Letter (honoring someone who sacrificed for you) -

Template 4: The Crisis Letter (to be opened in specific circumstances) - Writing tips for authenticity and specificity - Delivery guidance

Best for: Intergenerational wisdom transfer and legacy building

Time commitment: 1-3 hours to write (update annually)

5. wisdom-cards.md

Twenty pull-out cards featuring core principles from the book for daily guidance.

Contents: - 20 wisdom cards with key principles - Each card includes: principle, wisdom quote, when to use it - Bonus blank card template for personalization - Instructions for creating physical cards (multiple formats) - Suggested card groupings (Morning, Decision-Making, Storm, etc.) - Card rituals and practices (daily draw, weekly focus, family night)

Best for: Daily practice and visual reminders

Time commitment: 30 seconds - 5 minutes daily

6. reading-group-guide.md

Complete facilitator's guide for leading a 6-8 week book study group.

Contents: - 7 complete session plans (90 minutes each) - Opening activities, discussion questions, group activities for each session - Facilitator resources: creating safety, managing dynamics, time management - Engagement strategies for diverse groups - Follow-up ideas after finishing the book

Best for: Book club leaders, facilitators, educators

Time commitment: 7 sessions of 90 minutes + prep time

Quick Start Guide

Not sure where to begin? Choose based on your situation:

Your Situation	Recommended Resources	Why
Reading alone	1. 30-Day Challenge2. Wisdom Cards3. Legacy Letter	Personal transformation and accountability
Reading with family	1. Conversation Starters2. 30-Day Challenge (together)3. Wisdom Cards	Build shared values and family rituals
Book club	1. Reading Group Guide2. Conversation Starters3. Legacy Letter (share at end)	Structured discussions and deep connection

Your Situation	Recommended Resources	Why
Workplace team	1. Reading Group Guide (workplace section) 2. Conversation Starters 3. Wisdom Cards	Leadership development and team values
Gifting the book	1. Legacy Letter (write to recipient) 2. Wisdom Cards (3-5 printed) 3. 30-Day Challenge (suggest start date)	Personalized and meaningful gift

How to Use These Materials

Download & Print

- All files are in Markdown format (.md)
- Convert to PDF using any Markdown viewer or online converter
- Print as needed (materials are designed to be printed)
- Recommended paper: Standard 8.5x11" or A4

Adapt & Personalize

- Feel free to modify questions, prompts, or templates
- Add your own wisdom cards (blank template provided)
- Translate to other languages
- Create hybrid resources that combine elements

Share & Contribute

- Share these materials with others freely
 - Credit the original book and author when sharing adaptations
 - Contribute your own resources to the community via pull request
 - Share your experience and feedback
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Suggested Usage Paths

Path 1: Solo Deep Dive (30 days)

1. **Week 0:** Read the book, download all materials
2. **Weeks 1-4:** Complete the 30-Day Challenge
3. **Week 5:** Write your Legacy Letter
4. **Ongoing:** Use Wisdom Cards daily

Path 2: Family Journey (8 weeks)

1. **Week 1:** Parents read the book
2. **Weeks 2-3:** Family reads together (1-2 chapters per week)
3. **Weeks 2-3:** Use Conversation Starters after each chapter
4. **Weeks 4-7:** Family takes 30-Day Challenge together (weekly check-ins)
5. **Week 8:** Each family member writes Legacy Letter, share together
6. **Ongoing:** Display Wisdom Cards around the home

Path 3: Book Club Experience (7 weeks)

1. **Before Week 1:** Everyone reads Preface & Introduction
2. **Weeks 1-6:** Follow Reading Group Guide (one session per week)
3. **Between sessions:** Members work on 30-Day Challenge individually
4. **Week 7:** Share Legacy Letters and manifestos
5. **Week 10** (optional): Accountability check-in session
6. **Ongoing:** Monthly group meetups for continued support

Path 4: Team Development (6 sessions)

1. **Session 1:** Introduction and Chapters 1-2 (Integrity)
 2. **Session 2:** Chapter 3 (Leadership in Crisis)
 3. **Session 3:** Chapter 4 (Legacy and Values)
 4. **Session 4:** Chapter 5 (Service and Burden)
 5. **Session 5:** Chapter 6 (Wholeness)
 6. **Session 6:** Team Manifesto creation
 7. **Follow-up:** Team Wisdom Cards displayed in workspace
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Success Tips

For Individual Use:

- Schedule your practice time (morning or evening)
- Find an accountability partner
- Don't skip the journaling—writing deepens learning
- Be honest, not perfect
- Return to materials when you drift

For Group Use:

- Set clear expectations at first meeting
- Create psychological safety (what's shared stays here)
- Keep discussions focused but allow organic depth
- End every session with action commitments
- Follow up on commitments at next meeting

For Facilitators:

- Read all materials before first session
 - Adapt questions to your group's needs
 - Model vulnerability—share your own struggles
 - Manage time but don't rush meaningful moments
 - Check in with quiet participants privately
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Impact Tracking (Optional)

Want to measure your progress? Track these:

For 30-Day Challenge: - Days completed vs. missed - Number of “breakthrough moments” (marked with) - Key insights from weekly compass checks - Before/after self-assessment (1-10 scale on living your values)

For Reading Groups: - Attendance and engagement levels - Number of action commitments made vs. completed - Group member testimonials - Follow-up participation (did group continue meeting?)

For Personal Transformation: - Weekly self-rating: “How aligned did I live with my values?” (1-10)
- Monthly review: Count times you used principles in decision-making - Annual reflection: Review your Legacy Letter—have you lived up to it?

Community & Contributions

Share Your Experience

- How are you using these materials?
- What adaptations have you made?
- What additional resources would be helpful?

Contribute

We welcome contributions: - Translations to other languages - Adaptations for specific contexts (education, faith, business) - New activities or discussion questions - Testimonials and case studies - Printable templates and design improvements

How to contribute: 1. Fork this repository 2. Add or modify materials 3. Submit a pull request 4. Include description of your contribution

Connect

- **Repository:** <https://github.com/sattaru>
 - **Discussion:** Use GitHub Discussions for questions and sharing
 - **Issues:** Report errors or suggest improvements via GitHub Issues
 - **Hashtag:** Share your journey using #BeGoodDoGood
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License & Usage Rights

These materials are free to: - Download for personal use - Print and distribute within your organization
- Adapt and modify for your context - Translate to other languages - Share with book clubs, classrooms, workplaces, faith communities

We ask that you: - Credit the original book: “Be Good and Do Good: A Father’s Message to His Child” by Praveen Sattaru - Link back to this repository when sharing adaptations - Do not sell these materials or use commercially without permission - Share improvements and adaptations with the community

Need Help?

Common Questions:

Q: Can I use these materials in my classroom/workplace/church?

A: Yes! These materials are free for educational, workplace, and faith community use.

Q: Can I modify the questions/templates?

A: Absolutely. Adapt them to fit your context and needs.

Q: Can I translate these materials?

A: Yes. We encourage translations. Please share completed translations via pull request.

Q: How do I convert .md files to PDF?

A: Use any Markdown viewer (like Typora, MarkdownPad) or online converters (like Markdown to PDF).

Q: Can I share these materials with my social network?

A: Yes. Please link to this repository rather than rehosting files elsewhere.

Q: I found a typo or error. How do I report it?

A: Open an issue on GitHub or submit a pull request with the correction.

For other questions: Open a discussion on GitHub or check existing discussions.

Version History

Version 1.0 (February 2026) - Initial release of all five bonus materials - Appendix for book inclusion - This README

Future plans: - Video guides for facilitators - Printable PDF versions optimized for different paper sizes - Audio versions of daily challenge prompts - Interactive digital versions - Community-contributed resources

Acknowledgments

These materials were created to extend the wisdom shared in “**Be Good and Do Good: A Father’s Message to His Child**” by Praveen Sattaru.

The book itself is a legacy letter from a son honoring his father’s life of integrity, service, and sacrifice. These materials help readers create their own legacy by living these principles daily.

Thank you to: - Praveen Sattaru for writing the book and sharing his father’s wisdom - All the fathers, mothers, mentors, and leaders who embody “Be Good, Do Good” - Readers like you who choose to live with integrity - Community contributors who share, adapt, and improve these resources

Final Words

These materials are tools, not destinations.

Reading about integrity doesn’t make you a person of integrity.

Discussing values doesn’t mean you live by them.

Knowing the principles doesn’t equal practicing them.

The work is in the daily practice.

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.

Ready to begin?

1. Choose your path from the Quick Start Guide above
2. Download the relevant materials
3. Set your start date
4. Find your accountability partner or group
5. Begin

The journey from reading to living starts now.

Be good. Do good.

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

Book: “Be Good and Do Good: A Father’s Message to His Child” by Praveen Sattaru

Last updated: February 5, 2026