

CONSEQUENCE

EFFECTIVE

RELATIONSHIPS

GIVING AND LOVING

BEHAVIOR

PURSUES THE GOOD
OF OTHERS

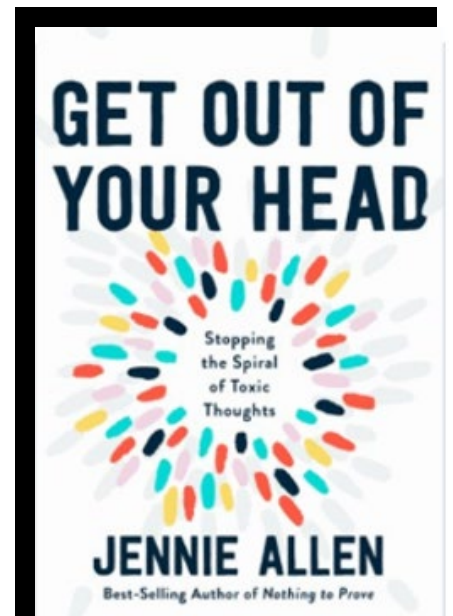
THOUGHT

GOD HAS SET ME FREE TO
SEEK THE GOOD OF OTHERS
OVER MY OWN COMFORT

I CHOOSE TO SEEK THE
GOOD OF OTHERS

EMOTION

i.e. STRESS



Chapter 14
Run Your Race

Our brains are
hardwired to
thrive when we
are serving
others.
~Jennie Allen