



PASS IT ON

St. Ignatius Church Bell Tower

How can I pass on good news to others?

Come back to the intention you set at the beginning for finding your good news. Now that you learned how to increase your good news, the next step is to help spread the message and pass it on to others.

“Each generation has the responsibility of making life better. Life is better today because of those young generations and the generations yet to come will do the same.”

- Hal Urban

We have some ideas to help you get started:

1. Smile and acknowledge a stranger
2. Give a sincere compliment
3. Tell someone why you appreciate them
4. Help someone else
5. Acknowledge good news at the start/end of the day, meeting or class
6. “Always have something good to say”
- Hal Urban
7. Invite someone to walk the URBAN Trail



Scan here to learn more about the St. Ignatius Church bells!

Thank you for walking the URBAN Trail! Come back and visit whenever you need some good news...and continue to spread good news throughout your world!