

Our Vision

Please take a moment to visually understand the nine components of our ministry. Then I'll elaborate.



The officers and directors of the Good Mood Foundation do not endorse or recommend the use of any specific treatment or medication for any type of mood struggles.

For advice about specific treatments or medications, individuals should contact their physicians or mental health professionals.

Our Vision: We desire to see people with mood struggles impacted, transformed and eternally changed.

Our Mission: We exist to help people with mood struggles learn how to live life in a good mood—one step at a time.

Explanation of the “components” of our ministry

- 1) **Ministry Vision** We desire to see people with mood struggles impacted, transformed and eternally changed.
- 2) **Ministry Founder** Since transformation and eternal change is something ONLY GOD can do we focus on three primary impacting activities. These are writing books, the Internet and speaking.
- 3) **Ministry Publishing** We publish exclusively with Leading Edge Publishing. This is Paul J. Meyer’s publishing company. Paul’s company requires their authors to pay for the entire cost of printing their book. These are “true costs.” In return, the author keeps their “rights.” This arrangement gives the author the greatest profit potential.
- 4) **Ministry Inventory** Books are stored in a rented storage space or my garage.
- 5) **Ministry Vehicle** A van is rented when the ministry has a special event is planned and books will be given away. We look forward to having a ministry van soon.
- 6) **Ministry Awareness** Annual NAMI (National Alliance on Mental Illness) “Walks” are our “bread and butter” opportunity to give away my first book, “My Pursuit of a Good Mood.” We did our first NAMI event this year with great success and impact. NAMI holds 80 “Walks” events each spring all across the country. The ONLY thing what we need in order to attend are finances for books, booth signage, small sponsor fee, van rentals, etc. At the NAMI “Walks” we minister to those with mental illnesses, their family, loved ones and friends. We also plan on giving away books that select authors have given us.
- 7) **Ministry Clients Services** As ministry awareness brings hurting people our way—we minister. Ministry is about bringing the food, getting the water and picking up the garbage (or its equivalent).
 - a) A friend suffered a traumatic injury. Brought MP3 player loaded with hymns, put the ear-bud into my friend’s ear and watched my friend smile.
 - b) A friend’s child committed suicide and so did another friend’s sibling. I couldn’t find anything useful to say so I just went to the funerals.
 - c) A friend whom I love has no need for anything materially, so I bring his employees cookies. Everyone loves cookies.
 - d) A friend’s parent was admitted into a psychiatric hospital. Visited with my book in hand and then came back several weeks later with a different book.
 - e) A friend was having surgery because of cancer and another friend with heart issues. I stayed all day in the waiting room.
 - f) A friend’s sibling was put in jail. So was another friend. I went to visit both with a book in hand and sent them several more books in the mail.
 - g) A friend got caught up in an addiction. Spent the day with my friend just listening.
- 8) **Ministry Office** We look forward to having our own office space soon. Particularly we look forward to having meeting and conference rooms to hold our workshops and seminars.
- 9) **Ministry Finances** We desire to have all of the funds needed to finance this vital and much needed ministry. Steven M. Lugar, CFP® is GMF’s treasurer. He can help with endowments, estate planning, and the gifting of “real property,” including stocks, bonds and other marketable securities. Feel free to contact Steve at 12221 Merit Drive, Suite 750, Dallas, TX 75251. You can reach Steve Lugar at 972-503-1040 or SteveL@bh-co.com. Please consider a gift of \$100, \$500, \$1,000 or more.

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