

## Show Notes – A Little Goes A Long Way with Rachael Adams

Today we welcome to class our teacher, Rachael Adams, author of *A Little Goes a Long Way*.

- Rachael is a Writer and podcaster
- Rachael started her ministry to help women realize their God-given purpose and significance.
- She and her husband, Bryan, run a family business and farm in Kentucky with their two children, Will and Kate, and two doodle dogs.

### Question:

- My intent with Old School is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives. I want to start by hearing your story and what led to *A Little Goes A Long Way*.

### Topics

- A Little Goes A Long Way is a devotional that covers 52 “Littles”
- Why 52 days?
- What constitutes a significant life.
- Why we doubt our value and contributions.
- Why every life and every moment matters.
- Practical steps to realize how our small actions can make a big difference.

### Rachael’s Nugget

- “I wish I would have known my identity in Christ sooner. Because I looked to everyone and everywhere else for my

value. It would have saved me a lot of heartache and bad decisions.”

**Call to action:** Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

Connect with Rachael:

Facebook: <https://www.facebook.com/rachaeladamsauthor/>

Instagram: <https://www.instagram.com/rachaeladamsauthor/>

Website: <https://www.rachaelkadams.com/>

Podcast: The Love Offering