

“Practice random acts of kindness and senseless acts of beauty”.

A “HOW TO” LIST

1. Write a letter to someone.

Soldiers fighting, kids in detention centers or the elderly in nursing homes. Find services online that will provide lists of people who’d love to hear from you.

2. Put someone else first.

At the grocery store check-out line or when you’re stuck in traffic.

Remember, someone has done it for You! Repay the kindness.

3. Say Thank You.

OFTEN. Think of all the people in your life who serve and protect you everyday.

Send a simple note of appreciation to your police or fire department.

4. Compliment someone.

Find something you like about another person and compliment him/her. Not only will it make them feel good, it just might kick off a conversation with a new friend.

5. Offer your help.

Buy gloves for people in shelters, offer blankets, donate an hour of your time, give clothes or unwanted home furnishings to organizations that serve the homeless or needy.

6. Clean up.

Pick up the litter you see someone else mindlessly tossing and throw it away. When you take a walk on the beach, take a plastic bag and collect trash. Every bit counts.

7. Cheer someone up.

Know someone who’s had a miserable day? Pick them some flowers, give them a friendly hand shake or hug. Everyone needs a few encouraging words now and then.

8. Send a message.

Write down a favorite poem or thought on hope. Leave it somewhere for anyone to find.

You never know who might receive it, or how much it might make a difference.

9. Forgive somebody.

You’d be amazed at the ripple effect an ounce of forgiveness can have in your life and in others. Everyone -including you- has made a mistake sometime in their lives.

10. Share a smile.

When meeting a new person, or even chatting with an old one, express joy. Show that you’re happy to be with them. It’s wonderfully contagious.