Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love. - Lao Tzu
No act of kindness, no matter how small, is ever wasted.

- Aesop
You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson
Kindness, I’ve discovered, is everything in life.

- Isaac Bashevis Singer
Be silly. Be honest. Be kind.

- Ralph Waldo Emerson
Be kind whenever possible. It is always possible.

- Dalai Lama
How far that little candle throws his beams! So shines a good deed in a weary world.

- William Shakespeare
This is a wonderful day. I’ve never seen this one before.

- Maya Angelou
I don’t have to chase extraordinary moments to find happiness - it’s right in front of me if I’m paying attention and practicing gratitude.

- Brené Brown
We must find time to stop and thank the people who make a difference in our lives.

-John F. Kennedy
At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

- Albert Schweitzer
Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary. - Margaret Cousins
Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. - Marcel Proust
I am larger, better than I thought; I did not know I held so much goodness. – Walt Whitman
When we’re kind to ourselves, we create a reservoir of compassion that we can extend to others.

- Brené Brown
Be present in all things and thankful for all things.

- Maya Angelou
A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.

- Amelia Earhart
We don’t have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world.

- Howard Zinn
Be the change you wish to see in the world. - Mahatma Gandhi
DID YOU KNOW?
Research shows that writing in a gratitude journal results in increased happiness and decreased depressive symptoms.
DID YOU KNOW? Oxford University researchers found that people who performed kindness activities for seven days experienced increased feelings of happiness.