

MESSAGES OF KINDNESS

- "There are many different ways we can show kindness to others, and it doesn't have to be in a big way. The simplest of things may make the difference."
Catherine Pulsifer, from A Little Bit of Kindness
- "The love, kindnesses, and value we have given authentically to others will be our remaining treasures at the end of life."
Steve Brunkhorst
- "You will never have a completely bad day if you show kindness at least once."
Greg Henry Quinn
- "Perform a random act of kindness for someone: a smile, compliment, or a favor just for fun. These will multiply and spread very rapidly."
Steve Brunkhorst
- "Notice acts of kindness offered to you from your surroundings. Someone, no matter who, is doing something thoughtful for you."
Noelia Aanulds, Happiness: Learn How To Be Happy And Boost Your Life
- "Kindness and helping others will return to you when you least expect it, and maybe when you need it."
Catherine Pulsifer
- "Even when you are hurt being kind to others will help the hurt."
Catherine Pulsifer
- "Always be kinder than necessary."
Sir James Matthew Barrie
- "Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." – Margaret Mead
- "What this world needs is a new kind of army – the army of the kind." – Cleveland Amory
- "The simple act of caring is heroic." – Edward Albert
- "No act of kindness, no matter how small, is ever wasted." – Aesop

Messages of Kindness
~Taken from many
Resources~

• MESSAGES OF KINDNESS

- “When I was young, I admired clever people. Now that I am old, I admire kind people.” – Abraham Joshua Heschel
- “Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” – Desmond Tutu
- “Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.” – Henry James
- “When you are kind to others, it not only changes you, it changes the world.” – Harold Kushner
- “I feel the capacity to care is the thing which gives life its deepest significance.” – Pablo Casals
- “Be kind, for everyone you meet is fighting a harder battle.” – Plato
- “Life is mostly froth and bubble. Two things stand like stone. Kindness in another’s trouble, Courage in your own.” – Adam Lindsay Gordon
- “You cannot do a kindness too soon, for you never know how soon it will be too late.” – Ralph Waldo Emerson
- “Be kind whenever possible. It is always possible.” – Dalai Lama
- “If you want to lift yourself up, lift someone else up.” – Booker T. Washington
- “Be a little kinder than you have to.” – E. Lockhart
- “Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” – Dr. Seuss
- “Always stop to think whether your fun may be the cause of another’s unhappiness.” – Aesop
- “To belittle, you have to be little.” – Kahlil Gibran
- “Of all virtues and dignities of the mind, goodness is the greatest.” – Francis Bacon
- “Goodness is the only investment that never fails.” – Henry David Thoreau
- “Never be so busy as not to think of others.” – Mother Teresa
- “The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.” – Franklin D. Roosevelt
- “There is no exercise better for the heart than reaching down and lifting people up.” – John Holmes

MESSAGES OF KINDNESS

- “Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” – Leo Buscaglia
- “That best portion of a man’s life, his little, nameless, unremembered acts of kindness and love.” – William Wordsworth
- Never look down on anybody unless you're helping him up. ~Jesse Jackson
- It's nice to be important, but it's more important to be nice. ~Author Unknown
- Treat everyone with politeness, even those who are rude to you — not because they are nice, but because you are. ~Author Unknown
- Don't be yourself — be someone a little nicer. ~Mignon McLaughlin, *The Second Neurotic's Notebook*, 1966
- Don't wait for people to be friendly, show them how. ~Author Unknown
- Be a rainbow in someone else’s cloud. ~Maya Angelou
- In a world full of people who couldn't care less, be someone who couldn't care more. ~Author Unknown
- We have two ears and one mouth so that we can listen twice as much as we speak. ~Epictetus
- Being considerate of others will take your children further in life than any college degree. ~Marian Wright Edelman
- A little flattery, like a warm bath and soft towel, will let you get along with yourself, lie down with yourself, and sleep. ~Willis Goth Regier, *In Praise of Flattery*, 2007
- Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. ~Leo Buscaglia
- Be pitiful, for every man is fighting a hard battle. ~John Watson, 1897, commonly attributed to Plato as "Be kind, for everyone you meet is fighting a hard battle."

MESSAGES OF KINDNESS

- Every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. ~Maya Angelou
- Nothing in life means anything unless someone cares, and the whole trick is to keep being that someone. ~Robert Brault, rbrault.blogspot.com
- A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. ~Amelia Earhart
- If we cannot be clever, we can always be kind. ~Alfred Fripp
- Love someone who doesn't deserve it. ~Author Unknown
- Kind people are the best kind of people. ~Author Unknown
- The more sympathy you give, the less you need. ~Malcolm S. Forbes
- Always be a little kinder than necessary. ~James M. Barrie