A large, smooth, reddish-brown rock is partially submerged in a flowing stream. The water is clear and moves rapidly, creating white foam and splashes around the rock. The background is a blurred green forest, suggesting a natural, outdoor setting. The overall scene is peaceful and serene.

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

A sunset over a field of tall grass with a dandelion seed head in the foreground. The sun is low on the horizon, casting a warm glow over the scene. The grass is golden-brown, and the sky is a mix of orange and blue.

Kindness, I've discovered,
is everything in life.

- Isaac Bashevis Singer

A photograph of a rustic wooden bridge made of logs and planks, crossing a river in a lush forest. The bridge is made of weathered wood and has a simple railing. The river below is clear and flows over rocks. The surrounding forest is dense with green trees, and the sky is bright and hazy. The overall scene is peaceful and natural.

Be silly. Be honest. Be kind.

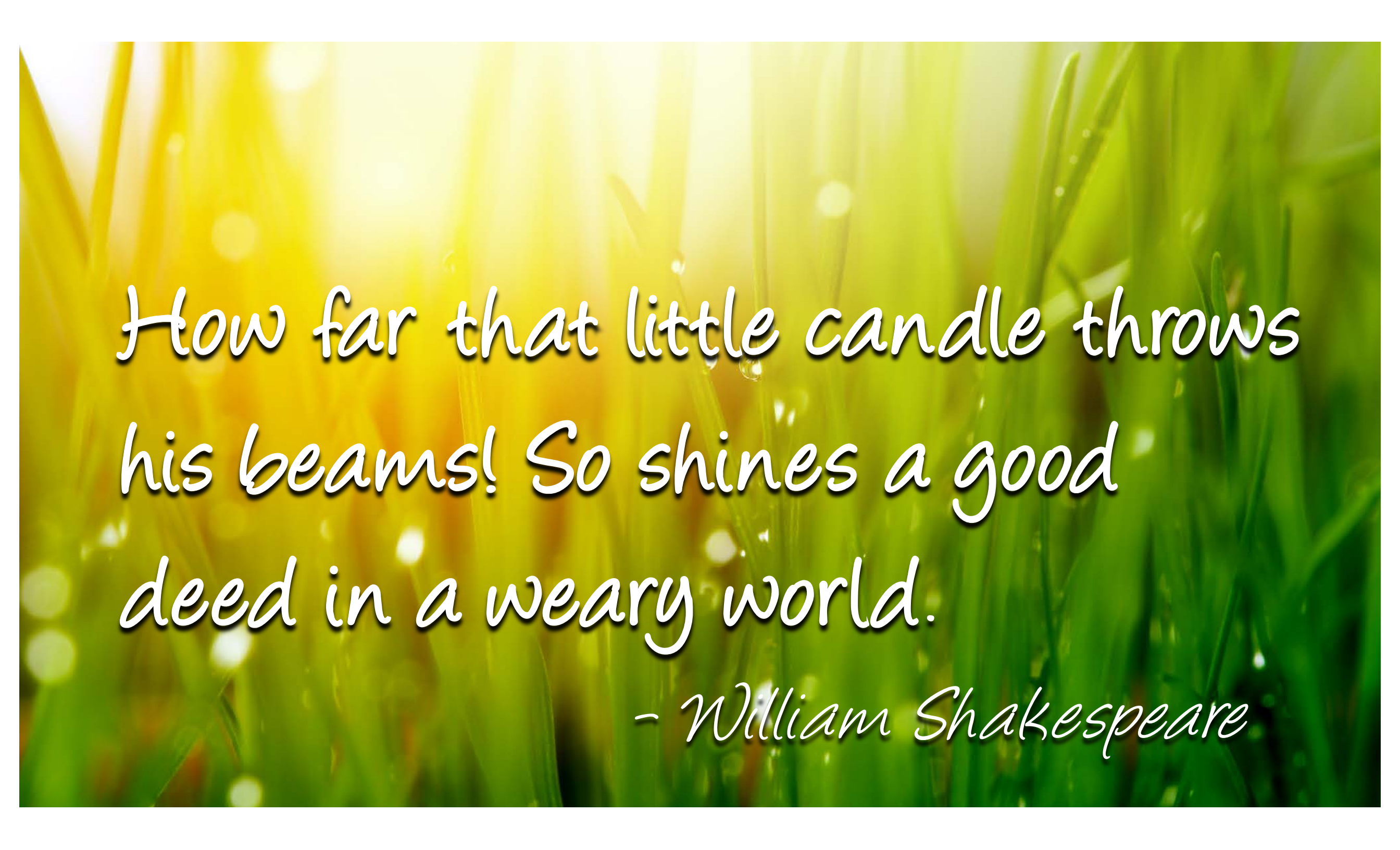
- Ralph Waldo Emerson



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

A vibrant, sunlit forest scene with a dirt path leading through tall, slender trees. The ground is covered in green moss and ferns, and the sunlight filters through the canopy, creating dappled shadows on the path.

*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 scenic view of a wooden plank bridge crossing a river in an autumn forest. The bridge is made of many parallel wooden planks and extends from the bottom right towards the center of the image. The river is on the left, with water reflecting the surrounding trees. The trees have vibrant autumn foliage in shades of orange, red, and brown. The sky is not visible, but the overall atmosphere is peaceful and natural.

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

- Amelia Earhart

A wooden boat is shown from a first-person perspective, floating on a calm pond. The water is dark blue and reflects the surrounding green forest and sky. Numerous lily pads are scattered across the water's surface. The boat's wooden planks and railings are visible in the foreground, leading the eye towards the horizon.

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*

A close-up photograph of a dandelion seed head on the left side of the frame. The seed head is white and fluffy, with many seeds blowing away towards the right. The background is a clear, bright blue sky. The text is overlaid on the lower right portion of the image.

DID YOU KNOW?

Research shows that writing in a gratitude journal results in increased happiness and decreased depressive symptoms.

A wide-angle photograph of a rolling green landscape under a bright blue sky filled with scattered white clouds. The foreground is a lush green field, possibly a meadow or a young crop field, with some faint tracks visible. The horizon is a gentle rise in the land.

DID YOU KNOW?

Oxford University researchers found that people who performed kindness activities for seven days experienced increased feelings of happiness.