

# KINDNESS

WILLINGNESS TO HELP, SHOW CONCERN  
FOR AND BE FRIENDLY TO OTHERS.

- Make sure your words are seeds, not bullets
- Kindness is a language that the deaf can hear and the blind can read
- The best portion of a good person's life is their little nameless unremembered acts of kindness
- Let no-one come to you without leaving you better and happier – show kindness in your face, kindness in your eyes and kindness in your smile
- It's hard to give away kindness because it keeps on coming back to you
- Be random with an act of kindness every day