

# BEST QUOTES ON COURTESY AND KINDNESS

Don't become preoccupied with your child's academic ability but instead teach them to sit with those sitting alone. Teach them to be kind. Teach them to offer their help. Teach them to be a friend to the lonely. Teach them to encourage others. Teach them to think about other people. Teach them to share. Teach them to look for the good. This is how they'll change the world.

—Unknown

A boy doesn't have to go to war to be a hero; he can say he doesn't like pie when he sees there isn't enough to go around.

—Ed Howe

What is more beautiful than considerateness for others, when we ourselves are unhappy?

--Frederick W. Faber

This is the final test of a gentleman: his respect for those who can be of no possible service to him.

--William Lyon Phelps

The hardest job kids face today is learning good manners without seeing any.

--Fred Astaire

A little of the oil of courtesy will save a lot of friction.

—Unknown

Be pleasant until ten o'clock in the morning and the rest of the day will take care of itself.

--Elbert Hubbard

The only gift is a portion of thyself.

--Ralph Waldo Emerson

There is as much greatness of mind in acknowledging a good turn, as in doing it.

—Seneca

In comparison with a loving human being, everything else is worthless.

--Hugh MacLennan

(Politeness is) a tacit agreement that people's miserable defects, whether moral or intellectual, shall on either side be ignored and not be made the subject of reproach.

--Arthur Schopenhauer

Politeness is good nature regulated by good sense.

--Sydney Smith

There is always a best way of doing everything, if it be only to boil an egg. Manners are the happy ways of doing things.

--Ralph Waldo Emerson

There is not a single outward mark of courtesy that does not have a deep moral basis.

--Johann von Goethe

Good breeding consists in concealing how much we think of ourselves and how little we think of the other person.

--Mark Twain

Etiquette means behaving yourself a little better than is absolutely essential.

--Will Cuppy

I can't stand a naked light bulb, any more than I can stand a rude remark or a vulgar action.

--Tennessee Williams

Rudeness is the weak man's imitation of strength.

--Eric Hoffer

What is the test of good manners? Being able to bear patiently with bad ones.

--Solomon ibn Gabirol

The attributes of a great lady may still be found in the rule of the four S's: Sincerity, Simplicity, Sympathy, and Serenity.

--Emily Post

A true gentleman is one who is never unintentionally rude.

--Oscar Wilde

A compliment is a gift, not to be thrown away carelessly unless you want to hurt the giver.

--Eleanor Hamilton

No one is useless in this world who lightens the burdens of another.

--Charles Dickens

Wise sayings often fall on barren ground; but a kind word is never thrown away.

--Sir Arthur Helps

One can pay back the loan of gold, but one dies forever in debt to those who are kind.

--Malayan Proverb

A kind word is like a Spring day.

--Russian Proverb

There is nothing in life but refraining from hurting others, and comforting those that are sad.

--Olive Schreiner

Nobody is kind only to one person at once, but to many persons in one.

--Frederick W. Faber

By a sweet tongue and kindness, you can drag an elephant with a hair.

--Persian Proverb

What is it to be a gentleman? The first to thank and the last to complain.

--Serbian Proverb

Graciousness and courtesy are never old-fashioned.

--Emily Post

The habit of courtesy, when once acquired, is almost impossible to get rid of.

--Robert Lynd

The courteous learns his courtesy from the discourteous.

--Turkish Proverb

Genuine courtesy is a splinter from the true cross.

--John Andrew Holmes

The cobra will bite you whether you call it cobra or Mr. Cobra.

--Indian Proverb

It is incredible what a difference it makes to one's feelings towards the whole human race when one is treated with politeness and kindness in buses, trains, trams, subways, ferries, stores, ships and streets.

--John Cowper Powys

To be civilized is to be incapable of giving unnecessary offence, it is to have some quality of consideration for all who cross our path.

--Agnes Repplier

Nothing makes people so worthy of compliments as occasionally receiving them. One is more delightful for being told one is delightful—just as one is more angry for being told one is angry.

--Katherine Fullerton  
Gerould

Often we can help each other most by leaving each other alone; at other times we need the hand-grasp and the word of cheer.

--Elbert Hubbard

Learning is nothing without cultivated manners, but when the two are combined in a woman, you have one of the most exquisite products of civilization.

--André Maurois

As the dog becomes thoroughbred in the laws of clan and caste—obedient, fraternal, loyal--so is a man who accepts the Gentleman's Code.

--Gelett Burgess

It is almost a definition of a gentleman to say he is one who never inflicts pain.

--John Henry Newman

Anyone can be heroic from time to time, but a gentleman is something you have to be all the time. Which isn't easy.

--Luigi Pirandello

Gratitude is the most exquisite form of courtesy.

--Jacques Maritain

A guest never forgets the host who had treated him kindly.

--Homer

That action is best which procures the greatest happiness for the greatest numbers.

--Francis Hutcheson

Do good even to the wicked; it is as well to shut a dog's mouth with a crumb.

--Sa'di

How far that little candle throws his beams!  
So shines a good deed in a naughty world.

--William Shakespeare

To try may be to die, but not to care is never to be born.

--William Redfield

There is no beautifier of complexion, or form, or behavior, like the wish to scatter joy and not pain around us.

--Ralph Waldo Emerson

Kindness can become its own motive. We are made kind by being kind.

--Eric Hoffer

You can accomplish by kindness what you cannot do by force.

--Publilius Syrus

Manners make the fortune of the ambitious youth.

--Ralph Waldo Emerson

Etiquette is what you are doing and saying when people are looking and listening.  
What you are thinking is your business.

--Virginia Cary Hudson

A tactless man is like an axe on an embroidery frame.

--Malay Proverb

You never know till you try to reach them how accessible men are; but you must approach each man by the right door.

--Henry Ward Beecher

If you will be cherished when you are old, be courteous while you be young.

--John Lyly

Politeness is the chief ingredient of culture.

--Spanish Proverb

Kindness attracts, pacifies and corrects.

--Mme. La Comtesse  
de Segur

Always be nice to people on the way up; because you'll meet the same people on the way down.

--Wilson Mizner

Always try to be a little kinder than is necessary.

—Sir James Matthew  
Barrie

Start some kind word on its travels. There is no telling where the good it may do will stop.

--Sir Wilfred Grenfell

Associate with well-mannered persons and your manners will improve. Run around with decent folk and your own decent instincts will be strengthened. Keep the company of bums and you will become a bum.

--Stanley Walker

Don't flatter yourself that friendship authorizes you to say disagreeable things to your intimates. The nearer you come into relation with a person, the more necessary do tact and courtesy become. Except in cases of necessity, which are rare, leave your friend to learn unpleasant things from his enemies; they are ready enough to tell them.

--Oliver Wendell Holmes

Good manners are made up of petty sacrifices.

--Ralph Waldo Emerson

Life is not so short but that there is always time enough for courtesy.

--Ralph Waldo Emerson

Good manners is the art of making those people easy with whom we converse.  
Whoever makes the fewest persons uneasy, is the best bred in the company.

--Jonathan Swift

Politeness is the chief sign of culture.

--Baltasar Gracian

The greater man the greater courtesy.

--Alfred, Lord Tennyson

There can be no defense like elaborate courtesy.

--Edward Verrall Lucas

That best portion of a good man's life,  
His little nameless, unremembered acts  
Of kindness and of love.

--William Wordsworth

Civility costs nothing and buys everything.

--Lady Mary Wortley  
Montagu

Manners are of more importance than laws. Upon them, in great measure, the laws depend. The law touches us but here and there, and now and then. Manners are what vex or soothe, corrupt or purify, exalt or debase, barbarize or refine us, by a constant, steady, uniform, insensible operation, like that of the air we breathe in. They give their whole form and color to our lives. According to their quality, they aid morals, they supply them, or they totally destroy them.

--Edmund Burke

The people who really know your character are waiters and clerks.

—Katherine Pipin

Politeness and good-breeding are absolutely necessary to adorn any, or all other good qualities or talents....The scholar, without good-breeding, is a pedant; the philosopher, a cynic; the soldier, a brute; and every man disagreeable.

--Lord Chesterfield

Man is a social animal formed to please in society.

--Charles de Montesquie

People are capable of courtesy when they know clearly what is expected of them. Moreover, the classroom is a more positive place when everyone treats everyone else with courtesy and consideration.

—Hal Urban

Without good manners, human society becomes intolerable.

—George Bernard Shaw

Lack of manners for Americans is not about whether you confuse the salad fork with the dinner fork. It's about the daily assault of selfish, inconsiderate behavior on the highways, in the office, in stores, and in myriad other places.

—Deborah Wadsworth

As the sword of the best-tempered metal is the most flexible; so the truly generous are the most pliant and courteous in their behavior to their inferiors.

--Thomas Fuller

Politeness is to human nature what warmth is to wax.

—Schopenhauer

Politeness is the art of choosing among one's real thoughts.

—Adlai Stevenson II

Courtesy costs nothing.

--W. G. Dunham

The greater man the greater courtesy.

--Tennyson

All doors open to courtesy.

--Thomas Fuller

Nothing is more valuable to a man than courtesy.

—Terence

It is all right to be always looking for compliments—to give to somebody else.

--Unknown

No act of kindness no matter how small, is ever wasted.

—Aesop

They tell us that courtesy is contagious. So why not start an epidemic?

—Unknown

Kindness is the golden chain by which society is bound together.

—J. W. von Goethe

Manners maketh man.

--William of Wykeham

If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island cut off from other lands, but a continent that joins to them.

--Francis Bacon

A man's manners are a mirror in which he shows his portrait.

--Johann Wolfgang  
van Goethe

Kindness will always attract kindness.

--Sophocles

The measure of a truly great man is the courtesy with which he treats lesser men.

--Unknown

Gratitude is the most exquisite form of courtesy.

--Unknown

Do unto others as though you were the others.

--Unknown

The open hand holds more friends than the closed fist.

—Unknown

No person is so poor that he cannot give a compliment.

--Unknown

I define manners as an attitude of the heart that is self-giving, not self-serving. The objective of our curriculum is to teach children that manners come from the heart, not from memorizing a set of rules. If respect is the foundation of how we treat each other, manners and etiquette will come easily.

—Jill Rigby

- A — Accept a compliment graciously.
- B — Be on time.
- C — Clean your hands.
- D — Do not chew with your mouth closed.
- E — Elbows off the table.
- F — Friendliness to others.
- G — Good grooming shows self-respect.
- H — Hang up your clothes.
- I — Interrupt only for a very important reason.
- J — Join in and include everybody.
- K — Kindness to all living things.
- L — Lend a helping hand.
- M — Magic words: 'Please' and 'Thank you.'
- N — Never point or laugh at others.
- O — Obey the rules.
- P — Pleasant tone of voice is a plus.
- Q — Quiet when others are working or sleeping.
- R — Remember others on special occasions.
- S — Sit up straight.
- T — Thank the host or hostess.
- U — Use your beautiful smile.
- V — Visit a friend who is lonely or sick.
- W — Watch out for little ones.
- X — 'X' out bad habits.
- Y — Yawn if you must but cover your mouth.
- Z — Zip your zipper.

—Susan Skinner

Manners are minor morals.

--Paley

The root of the word 'rude' is interesting: it comes from the Latin, *rudis*, meaning unsophisticated, which remains its primary definition today. It wasn't until the late Middle Ages that the word came to mean ill-mannered, which is to say the opposite of polite.

—Patrick Meagher

Manners are to morals as the final sand papering, rubbing, and polishing on a fine piece of furniture are to the selection of the wood, the sawing, chiseling, and fitting. They are the finishing touch.

— Henry Hazlitt

A gentleman is a warrior, not a doormat, and he will cooperate with others only insofar as they cooperate with him. Cooperation begets cooperation, kindness begets kindness.

—Robert Axlerod

Far more important than any mere dictum of etiquette is the fundamental code of honor, without strict observance of which no man, no matter how 'polished,' can be considered a gentleman. The honor of a gentleman demands the inviolability of his word, and the incorruptibility of his principles; he is the descendant of the knight, the crusader; he is the defender of the defenseless, and the champion of justice — or he is not a gentleman.

—Emily Post

Manners developed, not to make life more complicated and awkward (though elaborately ceremonial manners do), but to make it in the long-run smoother and simpler—a dance, and not a series of bumps and jolts. The extent to which it does this is the test of any code of manners.

—Henry Hazlitt

The tradition of good breeding puts its emphasis on sparing the feelings of others, and even on pleasing them at the cost of the exact truth.

—Henry Hazlitt

Defect in manners is usually the defect of fine perceptions.  
Elegance comes of no breeding, but of birth.

--Ralph Waldo Emerson

Nothing is more reasonable and cheap than good manners.

--Unknown

There is no policy like politeness; and a good manner is the best thing in the world either to get a good name, or to supply the want of it.

--Bulwer-Lytton

What a rare gift is that of manners! How difficult to define; how much more difficult to impart! Better for a man to possess them, than to have wealth, beauty, or talent; they will more than supply all.

—Bulwer-Lytton

Manners are stronger than laws.

--Thomas Carlyle

Fine manners are a stronger bond than a beautiful face. The former binds; the latter only attracts.

--Alphonse de Lamartine

In manners, tranquility is the supreme power.

--Mad. de Maintenon

True politeness is perfect ease and freedom. It simply consists in treating others just as you love to be treated yourself.

—Lord Chesterfield

Politeness is but kind feeling toward others, acted out in our intercourse with them. We are always polite to those we respect and esteem.

--Unknown

There is no policy like politeness, since a good manner often succeeds where the best tongue has failed.

--Elias L. Magoon

There are two kinds of politeness; one says, 'See how polite I am;' the other, 'I would make you happy.'

--Henry Major Tomlinson

The spirit of politeness is a desire to bring about by our words and manners, that others may be pleased with us and with themselves.

--Charles de Montesquieu

To be over-polite is to be rude.

--Japanese Proverb

The small courtesies sweeten life; the greater, ennoble it.

--Christian Nestell Bovee

We live in a world which is full of misery and ignorance, and the plain duty of each and all of us is to try to make the little corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it.

--Thomas Henry Huxley

Try to make at least one person happy every day, and then in ten years you may have made three thousand, six hundred and fifty persons happy, or brightened a small town by your contribution to the fund of general enjoyment.

--Sydney Smith

Constant activity in doing good, and endeavoring to make others happy, is one of the surest ways of making ourselves so.

--Unknown

No man or woman...can really be strong, gentle, pure, and good, without the world being better for it, without somebody being helped and comforted by the very existence of that goodness.

--Phillips Brooks

The art of true civilization is the art of being kind.

--Ashley Montagu

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

--Ralph Waldo Emerson

I can live for two months on a good compliment.

--Mark Twain

Today we are afraid of simple words like goodness and mercy and kindness. We don't believe in the good old words because we don't believe in the good old values anymore. And that's why the world is sick.

--Lin Yu-t'ang

No one is too big to be courteous—but some are too small.

--Jerome Knight

Wherever there is a human being, there is a chance for kindness.

--Seneca

The really great person is the person who makes every person feel great.

--G. K. Chesterton

The full measure of a man is not to be found in the man himself, but in the colors and textures that come alive in others because of him.

--Albert Schweitzer

Behave towards everyone as if receiving a great guest.

--Chinese Proverb

Giving is the secret of a healthy life. Not necessarily money, but whatever a man has of encouragement and sympathy and understanding.

--John D. Rockefeller, Jr.

Kindness is a Language which the deaf can hear and the blind can read.

--Mark Twain

I feel the capacity to care is the thing which gives life its deepest significance.

--Pablo Casals

Make it a rule, and pray God to help you to keep it, never, if possible, to lie down at night without being able to say, 'I have made one human being at least a little wiser, a little happier or a little better this day.'

--Charles Kingsley

After years of living with the coldest realities I still believe that one reaps what one sows and that to sow kindness is the best of all investments.

--Joseph W. Martin, Jr.

We sometimes meet an original gentleman, who, if manners had not existed, would have invented them.

—Ralph Waldo Emerson

Politeness is the art of choosing among one's real thoughts.

—Abel Stevens

Men, like bullets, go farthest when they are smoothest.

—Paul Richter

It is better to have too much courtesy than too little, provided you are not equally courteous to all, for that would be injustice.

—Baltasar Gracián

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart.

—Henry Clay

We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light.

—Ralph Waldo Emerson

True politeness consists in being easy one's self, and in making every one about one as easy as one can.

—Alexander Pope

Courtesy is a science of the highest importance. It is ... opening a door that we may derive instruction from the example of others, and at the same time enabling us to benefit them by our example, if there be anything in our character worthy of imitation.

—Montaigne

We should ever conduct ourselves toward our enemy as if he were one day to be our friend.

--Cardinal Newman

If I have said one cheering word  
    or done a helpful deed,  
If I have smoothed one rocky path  
    or filled a special need,  
If I have eased one doubt or fear  
    or chased one cloud away,  
If I have brought one person joy...  
    then I've lived well today.

--Amanda Bradley

What sunshine is to flowers, smiles are to humanity.

--Unknown

A life is not important except in the impact it has on other lives.

--Jackie Robinson

Kindness consists of loving people more than they deserve.

--Joseph Joubert

We leave traces of ourselves wherever we go, on whatever we touch.

--Lewis Thomas

Kind, loving words seldom go in one ear and out the other.

--Unknown

Flowers leave some of their fragrance in the hand that bestows them.

--Chinese Proverb

There is a loftier ambition than merely to stand high in the world. It is to stoop down and lift mankind a little higher.

--Henry Van Dyke

## **THE MOST IMPORTANT WORDS**

The six most important words are:

‘I admit I made a mistake.’

The five most important words are:

‘You did a good job.’

The four most important words are:

‘What is your opinion?’

The three most important words are:

‘If you please.’

The two most important words are:

‘Thank you.’

The least most important word is:

‘I.’

--*The Suburban, Canada*

There is no blade that can offer  
resistance to kindness.

--Japanese Proverb

All the world smiles in the same language.

--Mexican Proverb

The difference between a well-bred and an ill-bred man is this: One immediately attracts your liking, and the other your aversion. You love the one till you find reason to hate him; you hate the other till you find reason to love him.

--Samuel Johnson

Everyone's manners make his fortune.

--Cornelius Nepos

Good manners and soft words have brought many a difficult thing to pass.

--Sir John Vanbrugh

Kindness gives birth to kindness.

--Sophocles

It is futile to judge a kind deed by its motives. Kindness can become its own motive.  
We are made kind by being kind.

—Eric Hoffer

Good manners will open doors that the best education cannot.

--Clarence Thomas

Nothing is ever lost by courtesy. It is the cheapest of the pleasures; costs nothing and conveys much. It pleases him who gives and him who receives, and thus, like mercy, is twice blessed.

--Erastus Wiman

Different times, different manners.

—Pindar

When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire.

—Whoopi Goldberg

The first quality of a good education is good manners—and some people flunk the course.

--Hubert Humphrey

Life is short and we have not too much time for gladdening the hearts of those who travel the way with us. Oh, be swift to love! Make haste to be kind.

--Henri Amiel

A man's greatness is measured by his kindness—

A man's education and intellect by his modesty—

A man's ignorance is betrayed by his suspicions and prejudices.

His real caliber is measured by the consideration and tolerance he has for others.

--William J. H. Boetcker

True education combines intellect, beauty, goodness, and the greatest of these is goodness. When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.

--Helen Keller

Charm is a glow within a woman that casts a becoming light on others.

--John Mason Brown

Kindness is the one gift that all can afford and all can repay.

--Greg Henry Quinn

I am certain that after the dust of centuries has passed over our cities, we, too, will be remembered not for victories or defeats in battle or in politics, but for our contribution to the human spirit.

—John F. Kennedy

I could never think well of a man's intellectual or moral character, if he was habitually unfaithful to his appointments.

—Nathaniel Emmons

Unfaithfulness in the keeping of an appointment is an act of clear dishonesty. You may as well borrow a person's money as his time.

—Horace Mann

He that has done you a kindness will be more ready to do you another, than he whom you yourself have obliged.

—Benjamin Franklin

The least movement is of importance to all nature. The entire ocean is affected by a pebble.

—Blaise Pascal

One ungrateful man does an injury to all who stand in need of aid.

—Publilius Syrus

When I'm not thanked at all I'm thanked enough.

—Henry Fielding

Be nice to people...nice gets nice, and all things being equal, courtesy can be very persuasive.

—Mark H. McCormack

It's easy to make a buck. It's a lot tougher to make a difference.

—Tom Brokaw

Gratitude is a useless word. You will find it in a dictionary but not in life.

—François, Duc de La  
Rochefoucauld

Kind words can be short and easy to speak, but their echoes are truly endless.

—Mother Teresa

My satisfaction comes from my commitment to advancing a better world.

—Faye Wattleton

There is always a best way of doing everything, if it be to boil an egg. Manners are the happy ways of doing things.

—Ralph Waldo Emerson

Courtesy is really nothing more than a form of friendliness. It is amazing what a warming influence it can have on a otherwise dreary world. It has been said that a rise of one degree Fahrenheit in the mean annual temperature of the globe would free both polar regions from their ice. It is thrilling to contemplate what frigidity might be dispelled in the world of human relations if people made just a little better effort to be friendly.

--M. Bartos

Manners are especially the need of the plain. The pretty can get away with anything.

—Evelyn Waugh

The simple virtues of willingness, readiness, alertness and courtesy will carry a man farther than mere smartness.

—John Davidson

The influences that really make and mar human happiness are beyond the reach of the law. The law can keep neighbors from trespassing, but it cannot put neighborly courtesy and goodwill into their relations.

—Walter Rauschenbusch

Of courtesy, it is much less Than courage of heart or holiness, Yet in my walks it seems to me That the Grace of God is in courtesy.

—Hilaire Belloc

If you treat with courtesy your equal, who is privileged to resent an impertinence, how much more cautious should you be to your dependents, from whom you demand a respectful demeanor.

—Robert Chambers

This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good.

--Unknown

I wonder why it is that we are not all kinder to each other than we are. How much the world needs it! How easily it is done!

--Henry Drummond

It's a pity so many of us persist in regarding politeness as being merely a superficial social grace instead of what it really is, namely one of the necessities of life. Quite apart from politeness for its own sake, and as a matter of plain justice, it is invaluable as a sort of cushion or buffer to hold off the jolt that would otherwise disrupt the harmony of things.

--Zealandia

You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich man.

--Seth Parker

To be humble to superiors is duty, to equals courtesy, to inferiors nobleness.

—Benjamin Franklin

Politeness is one half good nature and the other half good lying.

--Mary Wilson Little

The people who get on are the people who can get their mind off their own predicament and think of someone else.

--Katharine Whitehorn

Etiquette is the least important of all laws, but the one most observed.

--La Rochefoucauld

Etiquette requires us to admire the human race.

--Mark Twain

It is one of the unwritten laws of French politeness that a long face is a breach of manners.

--Richard Le Gallienne

The greatest of all pleasure is the pleasure of giving pleasure.

--Unknown

Deeds, not stones, are the true monuments of the great.

—John L. Motley

One of the greatest victories you can gain over a man is to beat him at politeness.

--Josh Billings

Politeness is good nature regulated by good sense.

--Sydney Smith

A man should be as polite all the time as a candidate is just before election.

--Ed Howe

Politeness is the art of choosing among your thoughts.

--Madame de Staël

People must never be humiliated—that is the main thing.

--Anton Chekhov

Courtesy is the art of treating the other fellow as if he were as important as he thinks he is.

--Unknown

An effort made for the happiness of others lifts us above ourselves.

--Lydia M. Child

Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.

--George Sand

One can pay back the loan of gold, but one dies forever in the debt to those who are kind.

--Malayan Proverb

When it is possible, we should show courtesy to everyone, if we wish it to be extended to us in our hour of need.

--Carlo Collodi

Better good manners than good looks.

--Irish Proverb

It is sometimes necessary to use unnecessary words like ‘thank you’ and ‘please’ just to make life prettier.

--E. L. Konigsburg

A person who is able to contribute something to the world is a fortunate person, and each of us should be able at least to ‘brighten the corner’ where we are.

--Charles Schultz

There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; my philosophy is kindness.

--The Dalai Lama

When you drink the water, remember the spring.

--Chinese Proverb

Be kind to unkind people—they need it the most.

--Unknown

A person who is nice to you, but rude to the waiter, is not a nice person. (That is very important! Pay attention. It never fails.)

--Dave Barry

## QUIZ

Name the five wealthiest people in the world.

Name the last five Heisman trophy winners.

Name the last five winners of the Miss America contest.

Name ten people who have won the Nobel or Pulitzer prize.

Name the last half dozen Academy Award winners for Best Actor and Actress.

Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They're the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Now here's another quiz. See how you do on this one:

List three teachers who aided your journey through school.

Name three friends who have helped you through a difficult time.

Name five people who have taught you something worthwhile.

Think of five people who have made you feel appreciated and special.

Think of five people you enjoy spending time with.

Name a half dozen heroes whose stories have inspired you.

Easier?

The lesson? The people who make a difference in your life aren't the ones with the most credentials, the most money, or the most awards. They're the ones who take the time to care.

—Unknown

Gratitude is the heart's memory.

--French Proverb

Be kind; everyone you meet is fighting a hard battle.

—John Watson

The main thing is to care. Care very hard, even if it is only a game you are playing.

—Billie Jean King

Where will the kind, thoughtful, caring people come from for the next generation if our children are not taught the value of putting someone else's needs above their own?

--Edith Schaeffer

Maturity begins to grow when you can sense your concern for others outweighing your concern for yourself.

--John Macnaughton

To speak kindly does not hurt the tongue.

-- Proverb

You must be the change you wish to see in the world.

--Gandhi

I learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

--Maya Angelou

In a world where you can be anything, be kind.

—Etta Turner

There's no use doing a kindness if you do it a day too late.

--Charles Kingsley

Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it.

--Ralph Marston

Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.

—Eleanor Roosevelt

Begin today. No matter how feeble the light, let it shine as best it may. The world may need just that quality of light which you have.

--Henry C. Blinn

I resolve to speak ill of no man whatever, not even in a matter of truth but rather by some means excuse the faults I hear charged upon others, and upon proper occasions speak all the good I know of everybody.

--Benjamin Franklin

The greater man the greater courtesy.

--Alfred Lord Tennyson

Courtesy is a silver lining around the dark clouds of civilization; it is the best part of refinement and in many ways, an art of heroic beauty in the vast gallery of man's cruelty and baseness.

--Bryant H. McGill

Our attitude towards others determines their attitude towards us.

--Earl Nightingale

We ought not to treat living creatures like shoes or household belongings, which when worn with use we throw away.

—Plutarch

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

The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.

—Tenzin Gyatso

Kindness is the noblest weapon to conquer with.

—American Proverb

Love is a fruit in season at all times, and within the reach of every hand.  
—Mother Theresa

The truest greatness lies in being kind, the truest wisdom in a happy mind.  
—Ella Wheeler Wilcox

Neither genius, fame, nor love show the greatness of the soul. Only kindness can do that.  
—Jean Babtiste Henri  
Lacordaire

If you shine your light, others may see how to do the same. You can ignite a chain reaction of illumination that is unstoppable.  
—Dylan Patterson

Lighthouses don't go running all over an island looking for boats to save; they just stand there shining.  
—Anne Lamott

A good heart is better than all the heads in the world.  
—Edward Bulwer-Lytton

Be kind whenever possible. It is always possible.  
—Dalai Lama

As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.  
—Carl Jung

It is tact that is golden, not silence.  
—Samuel Butler

The average dog is a nicer person than the average person.  
—Andy Rooney

I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else... Kindness—that simple word. To be kind—it covers everything, to my mind. If you're kind, that's it.  
—Roald Dahl

Morning is God's way of saying one more time, go make a difference, touch a heart, encourage a mind, inspire a soul and enjoy the day.

—Unknown

Life is too short not to be kind to others.

—Unknown

Everyone you meet is fighting a battle you know nothing about. Be kind. Always.

—Wendy Mass

Choose to be kind over being right and you'll be right every time.

—Richard Carlson

Kindness makes you the most beautiful person in the world no matter what you look like.

—Internet Meme

When I was young, I admired clever people. Now that I am old, I admire kind people.

—Abraham Joshua  
Heschel

Two things I ask my daughters to have: The highest respect for all life and unusual kindness.

—Jim Rohn

If you want a kinder world, then behave with kindness; if you want a peaceful world, make peace within.

—Dan Millman

Be kind and merciful. Let no one ever come to you without coming away better and happier.

—Mother Theresa

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

You will regret many things in life but you will never regret being too kind or too fair.

—Brian Tracy

When I do good, I feel good; when I do bad, I feel bad. That's my religion.  
—Abraham Lincoln

What wisdom can you find that is greater than kindness?  
—Jean-Jacques Rousseau

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.  
—Albert Schweitzer

We keep looking at the big social and political problems. But when you're walking down the street and someone simply smiles at you—what a tremendous difference that makes.  
—Bobby McFerrin

As you express joy, you draw it out of those you meet, creating joyful people and joyful events. The greater the joy you express, the more joy you experience.  
—Arnold Patent

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.  
--Theodore Isaac Rubin

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.  
—Princess Diana

Treat everyone with politeness and kindness, not because they are nice, but because you are.  
—Roy T. Bennett

Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance.  
—Roy T. Bennett

Be a rainbow in someone else's cloud.  
—Maya Angelou

The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises.

— Leo Buscaglia

As perfume is to the flower, so is kindness to speech.

—Katherine Francke

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.

—Og Mandino

Really big people are, above everything else, courteous, considerate and generous—not just to some people in some circumstances—but to everyone all the time.

—Thomas J. Watson

A postal employee opened and read the mail which came to the Dead Letter Office in Washington addressed to Santa Claus. In the three months before Christmas, there were thousands of letters asking for something. In the months after Christmas, there was only one card addressed to Santa Claus thanking him. How quick we are to ask and receive. How slow we are to speak the magic word—thanks!

—Paul Lee Tan

The parents of a young man who was killed gave their church a check for \$1,000 in his memory. When the presentation was made, another mother whispered to her husband, 'Let's give the same for our boy.' 'What are you talking about?' asked the father. 'Our son didn't lose his life.' 'That's just the reason,' replied his mother. 'Let's give it in thanksgiving because he's still alive.'

—*S.C.U.C.A. Regional Reporter*

Before you speak, let your words pass through three gates: Is it true? Is it necessary? Is it kind?

—Sufi Saying

I bet attractive people think the world is a lot more polite than it really is.

—Stephen Lockyer

To be kind is more important than to be right. Many times, what people need is not a brilliant mind that speaks but a special heart that listens.

—*dailyinspirationalquotes.in*

Kindness is an irresistible force, so long as it is genuine.

—Marcus Aurelius

Manners easily and rapidly mature into morals.

—Horace Mann

The best that we can do is to be kindly and helpful toward our friends and fellow passengers who are clinging to the same speck of dirt while we are drifting side by side to our common doom.

—Clarence Darrow

A very wise public-relations counsel cautions letter writers to delete the pronoun 'I' as much as possible. 'A weekend thank-you note which opens 'I had a wonderful time,' he points out, 'is not half so captivating as one beginning, You are a wonderful hostess.' Both say 'thank you,' but, ah, my friends, the second is the one that will get you asked back!

--Bennett Cerf

Pretend that every single person you meet has a sign around his or her neck that says, 'Make me feel important.' Not only will you succeed in sales, you will succeed in life.

--Mary Kay Ash

The sweetest sound in the world is the person's own name.

--Dale Carnegie

You can get everything in life you want if you will just help enough other people get what they want.

--Zig Ziglar

If you want more joy in your daily life, smile at the people you meet in the street, the woman sitting beside you on the bus or standing next to you in the queue at the airport, the waiter who brings your food, your colleagues or your employer. There's a great chance they'll smile back.

—Thorbjörg  
Hafsteinsdottir

People who help others on a regular basis are ten times more likely to be healthy than people who do not.

—Arthur P. Ciaramicoli

Empathy isn't just something that happens to us...It's also a choice we make: to pay attention, to extend ourselves.

—Leslie Jamison

One man practicing sportsmanship is better than a hundred teaching it.

--Knut Rockne

The best that we can do is to be kindly and helpful toward our friends and fellow passengers who are clinging to the same speck of dirt while we are drifting side by side to our common doom.

—Clarence Darrow

Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as you ever can.

—John Wesley

Act so as to elicit the best in others and thereby in thyself.

—Felix Adler

Anyone who's been through middle school might agree that 'reputational aggression'—aka vicious gossip, or even verbal abuse—seems to play a role in the status struggles of teenagers. Using data from North Carolina high schools, Robert Faris uncovered a pattern showing that, contrary to the stereotype of high-status kids victimizing low-status ones, most aggression is local: kids tend to target kids close to them on the social ladder. And the higher one rises on that ladder, the more frequent the acts of aggression—until, near the very top, aggression ceases almost completely. Why? Kids with nowhere left to climb, Faris posits, have no more use for it. Indeed, the star athlete who demeaned the mild mathlete might come off as insecure. 'In some ways,' Faris muses, 'these people have the luxury of being kind. Their social positions are not in jeopardy.'

—Jerry Useem

There is no religion without love, and people may talk as much as they like about their religion, but if it does not teach them to be good and kind to man and beast, it is all a sham.

—Anna Sewell

It's nice to be important, but it's more important to be nice.

--John Templeton

Building a conscience is what discipline is all about. The goal is for a youngster to end up believing in decency, and acting—whether anyone is watching or not—in helpful and kind and generous, thoughtful ways.

--James L. Hymes, Jr.

The key to a happy life is to focus on doing good not doing well.

--Erma Bombeck

Only those persons who learned to like themselves can be generous and friendly with others.

—Les Giblin

Are you able to remain humble and kind when things do not go the way you want or expect? Be kind when you are in pain; be kind even when your life seems to be falling apart around you. Be humble not only when you succeed but also when you fail. Kindness in word and action, and humble in thought and belief. It is important to not only say and do the 'right' thing, it is important to also think and believe it—which is being genuine in nature of peace embodiment.

—Alaric Hutchinson

You can either practice being right or practice being kind.

—Anne Lamott

Kindness is a choice. People who are generous and show compassion aren't 'lucky.' Day by day, they make a conscious effort to step out of themselves and put someone else's well being ahead of their own. Imagine a world where we all took a second to check ourselves and decided on selflessness more often. What a peaceful place our earth could be.

— Jane Barkley

One ought not to return injustice, nor do evil to anybody in the world, no matter what one may have suffered from them.

—Socrates

Be gentle and patient with people. Everybody's bruised.

--Katie Lambert

It is not considered lying if you lie only when complimenting a woman.

—Unknown

Tact is the art of knowing when not to tell the truth, where not to tell the truth, and how not to tell the truth.

--Winston Churchill

Little lies that make people feel better are not bad, like thanking someone for a meal they made even if you hated it, or telling a sick person they look better when they don't.

--Louise Fitzhugh

When you shoot an arrow of truth, dip its point in honey.

--Arab Proverb

Treat those who are good with goodness, and also treat those who are not good with goodness. Thus goodness is attained. Be honest to those who are honest, and be also honest to those who are not honest. Thus honesty is attained.

—Lao Tzu

Truth is generally kindness, but where the two diverge and collide, kindness should override truth.

—Samuel Butler

Use no hurtful deceit. Think innocently and justly, and if you speak, speak accordingly.

—Benjamin Franklin

Better a lie that heals than a truth that wounds.

--Czech Proverb

To be extremely popular, one must be more tactful than truthful.

--Unknown

A truth that's told with bad intent  
Beats all the lies you can invent.

--William Blake

There are times when lying is the most sacred of duties.

--Eugene Marin Labiche

Make yourself necessary to somebody. Do not make life hard to any.

--Ralph Waldo Emerson

Honesty is a value that should be taken seriously, applied fairly, and should be a value that you use regularly — a sort of litmus test for helping you make decisions. Will honesty hurt sometimes? You betcha! This is why you've got to exercise your ability to assess the situation you're in and make the best decision you can based on what's happening around you.

If you know that an honest answer will hurt someone, unless you're in a serious illegal, immoral, or unethical situation that requires nothing less than the blunt truth, decide if and how you can soften your approach to spare someone being hurt.

—Karen Ann Kennedy

In human relations kindness and lies are worth a thousand truths.

--Graham Greene

On the one hand, we may tell the truth, regardless of consequences, and on the other hand we may mellow it and sophisticate it to make it humane and tolerable.

--H. L. Mencken

Do the right thing, the good thing, the kind and remarkable thing, for you may not get another chance.

--Kathleen Parker

Choose life. Choose to forgive. Choose to accept, to neither covet nor compare....Let us be grateful for our blessings and be kind and loving, not only to those we love, but also to ourselves. Let us see the glass as half full, at least.

--Susan Estrich

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love.

--William Wordsworth

I say to myself that I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer.

—George Matthew  
Adams

I will speak ill of no one and speak all the good I know of everybody.

—Andrew Jackson

Let your smile change the world, not the world change your smile.

—*inspiremore.com*

Please don't judge people. You don't know what it took someone to get out of bed, look and feel as presentable as possible and face the day. You never truly know the daily struggles of others.

—Karen Salmansohn

I just want to be healthy and happy. I don't want to hurt anybody or make them mad. If that's a philosophy then that's my philosophy.

—Chad Michael Murray

Be the reason someone smiles today.

—Nicholas Khoo

Let people realize clearly that every time they threaten someone or humiliate or hurt unnecessarily or dominate or reject another human being, they become forces for the creation of psychopathology, even if these be small forces. Let them recognize that every man who is kind, helpful, decent, psychologically democratic, affectionate, and warm, is a psychotherapeutic force even though a small one.

—Abraham H. Maslow

If you care enough, you make a difference.

—Loretta Swit

Being on time to appointments and meetings is a phase of self-discipline and an evidence of self-respect. Punctuality is a courteous compliment the intelligent person pays to his associates.

—Marvin J. Ashton

Punctuality or the lack thereof oftentimes is the only introduction one will ever have to new groups and friends. Serenity and poise are not the companions of those who lack the courtesy and judgment to be on time.

—Marvin J. Ashton

Kindness has converted more sinners than zeal, eloquence, or learning.

—Frederick William  
Faber

It requires more strength to be gentle, so it's the everyday encounters of life that I think we've prepared children for and prepared them to be good to other people and to consider other people.

—Bob Keeshan

We're not all alike but we can all like each other.

—Jason Mechalek

It is one of the beautiful compensations of this life that no one can sincerely try to help another without helping himself.

--Charles Dudley Warner

An article in *Education Week* explored the reasons that teachers quit. Marshall Cohen, a social studies teacher in Newton, Massachusetts, contributed the following story:

I knew one older teacher who kept in it until he was over 60. And one of the ways he did it was. . . every year, he would pick between five and 10 kids that he would really cultivate. And they were a cross-section of the school. They weren't always the smartest kids. Just some kids that he liked in some way, . . . And then he'd make a significant difference in those kids' lives. He'd get them in conversations, and he'd start talking with them. . . . Those kids were what kept him in it. And they'd come back and visit him years and years later.

I am touched by this story of a teacher who created an advising system of his own. How wonderful it would be if each of us could contribute similarly each year to the growth of several young people, to their understanding of the culture, and to their desires to become contributing adults.

—Maxine Seibel and  
Joseph N. Muray

The problems we face today—violent conflicts, destruction of nature, poverty, hunger, and so on—are human-created problems which can be resolved through human effort, understanding, and the development of a sense of brotherhood and sisterhood. We need to cultivate a universal responsibility for one another and the planet we share.

—The Dalai Lama

Do good to thy Friend to keep him, to thy enemy to gain him.

—Benjamin Franklin

Be nice to nerds. Chances are you'll end up working for one.

--Bill Gates

As much as we need a prosperous economy, we also need a prosperity of kindness and decency.

—Caroline Kennedy

Be compassionate to everyone. Don't just search for whatever it is that annoys and frightens you—see beyond those things to the basic human being. Especially see the child in the man or woman. Even if they are destroying you, allow a moment to see how lost in their own delusion and suffering they are.

—Alice Walker

Courtesy is the stepladder to respect.

--Greg Henry Quinn

Gain respect through knowledge and gentleness of speech and conduct.

--Sacred Wisdom of  
Ancient Egypt

Do the best that you can in the place where you are, and be kind.

—Scott Nearing

I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.

—Gilbert K. Chesterton

The great danger in public education today is that we have failed to see the difference between knowledge and wisdom. We train the head and let the heart run hog-wild. We allow culture and character to walk miles apart, stuffing the head with mathematics and languages—leaving manners and morals out of the picture.

--Theodore H. Palmquist

Educate the heart. Let us have good men.

—Hiram Powers

Compassion is the basis of morality.

—Arnold Schopenhauer

Goodness is the only investment that never fails.

--Henry David Thoreau

All succeeds with people who are sweet and cheerful.

—Voltaire

Good-fellowship, unflagging, is the prime requisite for success in our society, and the man or woman who smiles only for reasons of humor or pleasure is a deviate.

--Marya Mannes

*And Then Some*

These three little words are the secret to success. They are the difference between average people and top people in most companies. The top people always do what is expected...

*and then some...*

They are thoughtful of others; they are considerate and kind...

*and then some...*

They meet their obligations and responsibilities fairly and squarely ...*and then some...* they are good friends and helpful neighbors...*and then some.* They can be counted on in an emergency...*and then some...*

I am thankful for people like this, for they make the world more livable. Their spirit of service is summed up in these little words...*and then some.*

--Carl Homes

Any man who is honest, fair, tolerant, kindly, charitable of others and well behaved is a success, no matter what his station in life.

--Jay E. House

Givers—people who share their time, contacts, or know-how without expectation of payback—dominate the top of their fields.

—Adam Grant

To be a good driver in the terms of applied ethics is to be a person of good manners, ready to see and appreciate the problems of others, to make proper allowances for them and to exercise even a little more patience, care and consideration than is actually called for by the letter of the law.

--Robbins B. Stoeckel

The first rule of the road is Courtesy.

—Slogan

We are not proving ourselves spiritually worthy of our material progress. We have not been neighborly, courteous, and kind upon the highway. Our lack of decency toward our fellow men is a definite black mark against us.

—Cary T. Grayson

We undervalue, I think, the courage of simple, everyday civility. What do we know of another person's day, of their worries and anxieties, of how deep into their innermost resources they had to reach for that gracious smile, that pleasant hello.

—Robert Brault

Better to be the one who smiled than the one who didn't smile back.

—Unknown

Human kindness is like a defective tap, the first gush may be impressive but the stream soon dries up.

—P. D. James

If you stop to be kind, you must swerve often from your path.

—Mary Webb

I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

—William Penn

Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough.

—Franklin D. Roosevelt

I want you to be concerned about your next door neighbor. Do you know your next door neighbor?

—Mother Teresa

A gentleman has his eyes on all those present; he is tender toward the bashful, gentle toward the distant, and merciful toward the absent.

—Lawrence G. Lovasik

Be the reason someone believes in the Goodness of people.

—Karen Salmansohn

You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love.

--Henry Drummond

Romance: Kind and loving behavior towards your spouse or partner, such as bringing home flowers, remembering her birthday, and saying 'excuse me' when farting during dinner.

--Joshua Piven, David  
Borgenicht, and  
Ben H. Winters

Your duty is to treat everybody with love as a manifestation of the Lord.

—Swami Sivananda

There is more hunger in the world for love and appreciation than for bread.

—Mother Teresa

The reason why dogs don't live as long as people according to a four-year-old: Everybody is born so that they can learn how to live a good life—like loving everybody and being nice, right? Well, animals already know how to do that, so they don't have to stay as long.

—Unknown

There is no religion without love, and people may talk as much as they like about their religion, but if it does not teach them to be good and kind to man and beast, it is all a sham.

—Anna Sewell

I have learned that I always feel happier and healthier when I offer genuine love to other people.

—Seth Adam Smith

I remember a time in a class on a cold winter morning a Japanese girl came with a surgical mask & I thought 'wow people would go to extremes NOT to get sick in Japan' afterwards on a break I approached her & asked in a cynical manner: why the mask? Are you afraid of catching a cold? & then she said 'in Japan you use it when YOU are under the weather & you don't want other people to get sick, it is the polite thing to do' wow! that's a lesson I will never forget.

--Pablo

Love consists of acts of care you can extend to whomever you choose.

—Maira Weigel

Some kids are smarter than you, some kids have cooler clothes than you, some kids are better at sport than you. It doesn't matter. You have your thing too. Be the kid who can get along. Be the kid who is generous. Be the kid who is happy for other people. Be the kid who does the right thing. BE THE NICE KID.

—Internet Meme

To be happy with human beings, we should not ask them for what they cannot give.

--Tristan Bernard

Japanese and American fourth and fifth grade children were asked why they shouldn't hit, gossip or fight with other kids. 92 percent of the American kids answered 'because they'd get caught or get in trouble.' Ninety percent of the Japanese kids asked the same question responded, 'because it would be hurtful to someone else.'

—Christine Gross-Loh

Science may have found a cure for most evils; but it has found no remedy for the worst of them all—the apathy of human beings.

--Helen Keller

It's what each of us sows, and how, that gives to us character and prestige. Seeds of kindness, goodwill, and human understanding, planted in fertile soil, spring up into deathless friendships, big deeds of worth, and a memory that will not soon fade out. We are all sowers of seeds—and let us never forget it!

--George Matthew Adams

The effects of kindness are not always seen immediately. Sometimes it takes years until your kindness will pay off and is returned to you. And sometimes you never see the fruits of your labors, but they are there, deep inside of the soul of the one you touched.

Dan Kelly

We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses, there is at last one which makes the heart run over.

--James Boswell

What do we live for, if not to make life less difficult for each other.

--George Eliot

Be friends with everybody. When you have friends you will know there is somebody who will stand by you. You know the old saying, that if you have a single enemy you will find him everywhere. It doesn't pay to make enemies. Lead the life that will make you kindly and friendly to every one about you, and you will be surprised what a happy life you will live.

--Charles M. Schwab

Small kindnesses are the food of friendship.

--Madame du Barry

Extend a hand whether or not you know it shall be grasped.

—Ryunosuke Satoro

Friendship is a living thing that lasts only as long as it is nourished with kindness, empathy and understanding.

—Unknown

Life is a mirror.

If you frown at it,

it frowns back;

if you smile,

it returns the greeting.

--William Makepeace  
Thackeray

There is monotony in the affections, which people living together or, as we do now, very frequently seeing each other, are apt to give in to: a sort of indifference in the expression of kindness for each other, which demands that we should sometimes call to our aid the trickery of surprise.

--Charles Lamb

If your boyfriend/husband ever says anything rude or disrespectful to you, tell him to write it down on a piece of paper, get in his car, drive, and deliver it to his mother or simply hand it to his daughter. If he can't say it to his mother, or doesn't want another man to one day say it to his daughter, he shouldn't be saying it to you.

—Unknown

We get so worried about being pretty. Instead let's worry about being: pretty kind, pretty funny, pretty smart, & pretty strong.

—Ged Backland

Of all virtues and dignities of the mind, goodness is the greatest, being the character of the Deity; and without it, man is a busy, mischievous, wretched thing.

—Francis Bacon

The happiness of life is made up of minute fractions—the little soon forgotten charities of a kiss or smile, a kind look, a heartfelt compliment, and the countless infinitesimals of pleasurable and genial feeling.

--Samuel Taylor  
Coleridge

Those who bring sunshine to the lives of others cannot keep it from themselves.

--James Barrie

Wear a smile and have friends; wear a scowl and have wrinkles. What do we live for if not to make the world less difficult for each other?

--George Eliot

Pleasure should be a mixed dish: one part taking, and two parts giving.

—Evan Esar

Those whom you can make like themselves better will, I promise you, like you very well.

--Lord Chesterfield

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

--The Dalai Lama

A smile is the light in your window that tells others that there is a caring, sharing person inside.

--Denis Waitley

Happiness is perfume you can't pour on others without getting a few drops for yourself.

--Ralph Waldo Emerson

A smile is contagious; be a carrier.

—Internet Meme

One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others.

--Robert A. Heinlein

My creed is that:

Happiness is the only good.

The place to be happy is here.

The time to be happy is now.

The way to be happy is to make others so.

--Robert G. Ingersoll

Whoever is happy will make others happy too.

--Anne Frank

Happiness held is the seed; Happiness shared is the flower.

—John Harrigan

I have found that the only thing that does bring you happiness is doing something good for somebody who is incapable of doing it for themselves.

—David Letterman

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and goodwill and serenity.

—James Allen

I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless and they don't want anyone else to feel like that.

—Robin Williams

Be so happy that when others look at you they become happy too!

—Yogi Bhajan

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.

—Unknown

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

—Og Mandino

You find yourself refreshed in the presence of cheerful people. Why not make an honest effort to confer that pleasure on others? Half the battle is gained if you never allow yourself to say anything gloomy.

—Lydia M. Child

I love when you look at someone with a smile on your face, and they break into a smile back at you, not because they know why you're smiling, but because you're happy, and that's enough to make them happy.

—Unknown

The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.

—Helen Keller

You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.

—Dale Carnegie

Real happiness doesn't come from getting everything you want. It comes from sharing what you have with the people who matter.

—Unknown

When someone does something good, applaud! You will make two people happy.

—Samuel Goldwyn

Seek to do good, and you will find that happiness will run after you.

—James Freeman Clarke

If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning 'Good morning' at total strangers.

—Maya Angelou

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

—Marcel Proust

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth. The trite subjects of human efforts, possessions, outward success, luxury have always seemed to me contemptible.

—Albert Einstein

Kindness is the sunshine in which virtue grows.

—Robert Green Ingersoll

Be courteous to all, but intimate with few, and let those few be well-trying before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to appellation.

—George Washington

This Christmas mend a quarrel. Seek out a forgotten friend. Dismiss suspicion and replace it with trust. Write a letter. Give a soft answer. Encourage youth. Manifest your loyalty in word and deed. Keep a promise. Forgo a grudge. Forgive an enemy. Apologize. Try to understand. Examine your demands on others. Think first of someone else. Be kind. Be gentle. Laugh a little more. Express your gratitude. Welcome a stranger. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak your love, and then speak it again.

--Howard W. Hunter

Ma told them something else about Santa Claus. He was everywhere, and besides that, he was all the time.

Whenever anyone was unselfish, that was Santa Claus.

Christmas Eve was the time when everybody was unselfish. On that one night, Santa Claus was everywhere, because everybody, all together, stopped being selfish and wanted other people to be happy. And in the morning you saw what that had done.

‘If everybody wanted everybody else to be happy all the time, then would it be Christmas all the time?’ Laura asked, and Ma said, ‘Yes, Laura.’

--Laura Ingalls Wilder

The Christmas spirit is simply an honest spirit of love for all humanity. It is the force that moves us to give what we can, to help as we are able, and to always be of kind comfort....The spirit of Christmas is a sweet, internal peace that testifies of the power of kindness and charity....Maybe Christmas is more than a day to receive. Maybe Christmas, perhaps, is a day to believe.

—Richelle E. Goodrich

Do not wait until Christmas to spread a little cheer,  
people appreciate kindness, all through of the year.

--Charmaine J. Forde

When we help elder citizens, we restore society's heart.

--Peter Yarrow

Kindness is the life's blood, the elixir of marriage. Kindness makes the difference between passion and caring. Kindness is tenderness. Kindness is love, but perhaps greater than love ... Kindness is good will. Kindness says, 'I want you to be happy.' Kindness comes very close to the benevolence of God.

—Randolph Ray

Like children, the elders are a burden. But unlike children, they offer no hope or promise. They are a weight and an encumbrance and a mirror of our own mortality. It takes a person of great heart to see past this fact and to see the wisdom the elders have to offer, and so serve them out of gratitude for the life they have passed on to us.

--Kent Nerburn

The greatest comfort of my old age, and that which gives me the highest satisfaction, is the pleasing remembrance of the many benefits and friendly offices I have done to others.

—Cato

I learned that whenever I decide something with kindness, I usually make the right decision.

—*seniorresource.com*

I have often noticed that a kindly, placid good-humor is the companion of longevity, and, I suspect, frequently the leading cause of it.

—Sir Walter Scott

In life, we plant seeds everywhere we go.  
Some fall on fertile ground needing very little to grow.  
Some fall on rocky soil requiring a tad bit more loving care.  
While others fall in seemingly barren land and no matter what you do; it appears  
the seed is dead.

Nevertheless, every seed planted will have a ripple effect.  
You could see it in the present or a time not seen yet.  
So be wise about where you plant your seeds.  
Be very mindful of your actions & deeds.  
Negativity grows just as fast if not faster than positivity.  
Plant seeds of kindness, love and peace  
And your harvest will be abundant living.

--Sanjo Jendayi

We need to care less about whether our children are academically gifted & more  
about whether they sit with the lonely kid in the cafeteria.

—Internet Meme

A careless word may kindle strife. A cruel word may wreck a life. A timely  
word may level stress. But a loving word may heal and bless.

—*boardofwisdom.com*

Whoever understands how to do a kindness when he fares well would be a friend  
better than any possession.

—Sophocles

Being rude is easy. It does not take any effort and is a sign of weakness and  
insecurity. Kindness shows great self-discipline and strong self-esteem. Being kind  
is not always easy when dealing with rude people. Kindness is a sign of a person  
who has done a lot of personal work and has come to a great self-understanding and  
wisdom. Choose to be kind over being right and you'll be right every time because  
kindness is a sign of STRENGTH.

—*TruthFollower.com*

We think too much and feel too little. More than machinery, we need humanity.  
More than cleverness, we need kindness and gentleness.

—Charlie Chaplin

E-mail has some magical ability to turn off the politeness gene in a human being.

--Jeff Bezos

A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

—Saint Basil

Sometimes having a big heart sucks. You expect everyone to care as much as you do, and that's just not the case.

—*KarmaSayings.com*

Love all, trust a few, do wrong to none.

—William Shakespeare

How goodness heightens beauty!

—Hannah More

What if, instead of making schools more prison-like, we addressed the issue of school violence by implementing strategies used by many churches to make them safer places filled with more love and kindness? Here are 10 ideas:

1. Ensure all who enter feel welcomed. Try using posters, front door greeters, or music.
2. Treat the community like family. Let people know you're glad to see them and ask how they're doing.
3. Embrace those around you. Provide comfort and find appropriate ways to demonstrate caring and support.
4. Find a simple and meaningful model that guides the work and tells others that they matter.
5. Live stream and record so that those who can't be there in person can still learn remotely.
6. Appreciate performance and the arts. All the arts can be used as tools for inspiration.
7. Celebrate the success of community members. Make time each day to recognize these successes.
8. Have a strong social media presence. This allows everyone to connect and share and keep abreast of what's happening.
9. Invite guests to observe. When others from the local community or further afield come to see what's happening, they're inspired and they encourage those who are at work in the community.
10. Support others in need. Be aware of these needs and have adequate support services available.

—Lisa Nielsen

If speaking kindly to plants helps them grow, imagine what speaking kindly to humans can do.

—Internet Meme

I admire people who are, by nature, kind and fair to others.

—Sidney Sheldon

The smallest kindness is often long-remembered.

--Dan L. Miller

To be honest, my goal is really just to have a positive impact on everyone I meet, whether it's a smile, a laugh, or a changed heart.

—*tinybuddha.com*

Me: Why are you being mean?

5-year-old: I ran out of nice.

—James Breakwell

Technology has bridged the gap of distant communication, bringing friends and family closely together but no matter the number of 'likes', tweets, chats, comments, posts and shares, none can compare to a sincere smile, a kind kiss and a warm hug.

--Bernard Kelvin Clive

Humility, that low, sweet root, from which all heavenly virtues shoot.

—Thomas Moore

The words of kindness are more healing to a drooping heart than balm or honey.

—Sarah Fielding

People are simply incapable of prolonged, sustained goodness.

—Andrew Schneider

When you make a world tolerable for yourself, you make a world tolerable for others.

—Anais Nin

At the end of the day, you will not remember the person with the most beautiful face but you will remember the person with the most beautiful heart and soul.

—*DailykarmaQuotes.com*

My religion is very simple. My religion is kindness.

—Dalai Lama

Elsa Maxwell credits three simple words for making guests at her parties feel welcome and at home. ‘When they arrive,’ says Ms. Maxwell, ‘I murmur, ‘at last,’ and when they arise to depart I protest, ‘already?’”

—Bennett Cerf

Nothing more rapidly inclines a person to go into a monastery than reading a book on etiquette. There are so many trivial ways in which it is possible to commit some social sin.

--Quentin Crisp

Bad manners lead to insult, and insult leads to hatred, and hatred leads to violence. Good manners, whether genuine or not, make it possible for humans to live together.

—Georgie Anne Geyer

Why can't people just sit and read books and be nice to each other?

--David Baldacci

It was the floods in Louisiana. This woman named Sandra, she lost everything, including her wheelchair. Her neighbors saved her life by putting her on an air mattress. They floated her to safety and dropped her at our shelter. We got there as Red Cross volunteers were giving her a wheelchair. She burst into tears and said, ‘I'm the luckiest person in the world.’

—Gail McGovern

Courteous treatment will make a customer a walking advertisement.

—James Cash Penney

Always be kind. If you see someone falling behind, walk beside them. If someone is being ignored, find a way to include them. If someone has been knocked down, lift them up. Always remind people of their worth. Be who you needed when you were going through hard times. Just one small act of kindness could mean the world to someone.

—*CraftyFun.com*

The greatest pleasure I know is to do a good action by stealth and have it found out by accident.

—Charles Lamb

If you have to choose between being kind & being right, choose being kind & you will always be right.

—Internet Meme

When you see something beautiful in someone, tell them. It may take a second to say, but for them it could last a life time.

—Internet Meme

Nothing in human nature is so God-like as the disposition to do good to our fellow-creatures.

—Samuel Richardson

Fashion exists for women with no taste, etiquette for people with no breeding.

—Queen Marie of  
Romania

A dad says to his daughter when he finds out she was bullying other children...

Pick up that glass. She did.

Throw in on the floor. She did.

The glass smashes into pieces.

Now say sorry to it.

The daughter says why?

Dad says just do it.

The daughter says sorry to the glass.

The dad say, is it back together as one piece?

The daughter says no Dad.

The dad says some things cannot always be fixed by saying sorry.

Remember this next time you want to hug someone either physically or mentally.

Bullying is not ok at any age.

Cuts and bruises heal, but memories last forever!

—Georgina Bittourna  
Meyer

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law.

—The Apostle Paul

I have witnessed the softening of the hardest of hearts by a simple smile.

—Goldie Hawn

You seriously have no idea what people are dealing with in their personal life. So just be nice, it's that simple.

—*MyIncredibleRecipes.com*

Let your child be weird kid. Let them be the funny kid, the quiet kid, the smart kid, the athletic kid, the theater kid, the numbers kid, the teacher's pet, the chatter box, the valedictorian, the middle of the pack the 'barely made it' kid. Just don't let them be the mean kid.

—*@mommywintime*

The world is full of genuinely nice and kind people. If you can't find one, be one. One small act of kindness goes farther than you think.

—*thegoodvibe.com*

The finest qualities of our nature, like the bloom on fruits, can be preserved only by the most delicate handling. Yet we do not treat ourselves nor one another thus tenderly.

—Henry David Thoreau

My parents would always say, 'It doesn't matter if it's a guy picking up the garbage or the President of the United States, treat everybody as you would want to be treated.'

—Dan Marino

One can always be kind to people about whom one cares nothing.

—Oscar Wilde

You can make a difference in another person's life and not realize it, just by giving them One Moment of your time, One Memory to recall, One Motion that tells them they are not alone!

—Deb Simpson

Sometimes the greatest gift you can give another person is to simply include them.

—Internet Meme

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

—Lao Tzu

### **Treat Everyone with Respect**

Nobody should be mean to others.

Stop and think before you say or do something that could hurt someone.

If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.

Talk to an adult you trust. They can help you find ways to be nicer to others.

Keep in mind that everyone is different. Not better or worse. Just different.

If you think you have bullied someone in the past, apologize. Everyone feels better.

—*stopbullying.gov*

### **Stand Up for Others**

When you see bullying, there are safe things you can do to make it stop.

Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.

Be kind to the kid being bullied. Show them that you care by trying to include them.

Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is ok to keep treating others that way.

—*stopbullying.gov*

Parents are usually more careful to bestow knowledge on their children rather than virtue, the art of speaking well rather than doing well; but their manners should be of the greatest concern.

—R. Buckminster Fuller

Love and compassion are necessities, not luxuries. Without them humanity cannot survive.

—Dalai Lama

Try to understand men. If you understand each other you will be kind to each other. Knowing a man well never leads to hate and almost always leads to love.

—John Steinbeck

Love is wise; hatred is foolish. In this world, which is getting more and more closely interconnected, we have to learn to tolerate each other, we have to learn to put up with the fact that some people say things that we don't like. We can only live together in that way. But if we are to live together, and not die together, we must learn a kind of charity and a kind of tolerance, which is absolutely vital to the continuation of human life on this planet.

—Bertrand Russell

Smiling is infectious  
You catch it like the flu

When someone smiled at me today  
I started smiling too

I walked around the corner  
And some saw me grin.

When he smiled I realized  
I had passed it on to him

I thought about the smile  
And then realized its worth

A single smile like mine  
Could travel round the earth

So if you feel a smile begin  
Don't leave it undetected

Start an epidemic  
And get the world infected.

—Spike Milligan

You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.

—Jane Goodall

Always help someone. You might be the only one that does.

—Internet Meme

My father said there were two kinds of people in the world: Givers and Takers. The takers may eat better, but the givers sleep better.

—Internet Meme

Having a soft heart in a cruel world is courage, not weakness.

—Katherine Henson

Hold the door,  
say please,  
say thank you.  
Don't steal,  
don't cheat,  
and don't lie.  
I know you got  
mountains to climb  
but always  
stay humble and kind.

—Tim McGraw

I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good.

—Maya Angelou

Anyone who has the opportunity to care for a parent will never regret doing so. It's your best opportunity to say thank you.

—Robert Forster

In a small town in County Cork, Ireland, a monument stands in appreciation to the American Choctaw Indian Tribe. Although impoverished, shortly after being forced to walk the Trail of Tears, the tribe somehow gathered \$170 to send to Ireland for famine relieve in 1847.

—@factsweird

Going to church doesn't make you a Christian any more than going to a garage makes you an automobile

—Billy Sunday

Compassion for animals is intimately connected with goodness of character; and it may be confidently asserted that he who is cruel to animals cannot be a good man.

—Arthur Schopenhauer

If we could look into each others hearts, and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance, and care.

—Marvin J. Ashton

Do one act of kindness each day of the year, and change 365 lives.

—Anthony D. Williams

Sometimes a word is all it takes  
To make the world a better place.  
So do something nice; say something kind.  
Just one small act lifts all mankind.

—Internet Meme

Kind words can be short and easy to speak, but their echoes are truly endless.

—Mother Teresa

Tip your server. Return our shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane. Small acts can have a ripple effect. That's how we change the world.

—Internet Meme

We don't have to agree on anything to be kind to one another.

—Internet Meme

One doesn't ask of one who suffers: What is your country and what is your religion? One merely says, you suffer. This is enough for me. You belong to me and I shall help you.

—Louis Pasteur

I believe in the Jewish concept of *tikkun olam*: perfuming acts of kindness to repair or perfect the world.

—Bill Zimmerman

Résumé virtues are professional and oriented toward earthly success. They require comparison with others. Eulogy virtues are ethical and spiritual, and require no comparison. Your eulogy virtues are what you would want people to ask about at your funeral. As in He was kind and deeply spiritual, not He made senior vice president at an astonishingly young age and had a lot of frequent-flier miles.

—Arthur C. Brooks

Suicide isn't cowardly. I'll tell you what is cowardly; treating people so badly that they want to end their lives.

—Ashely Purdy

You might think you don't matter in this world, but because of YOU someone hears a song and it reminds them of you. Someone has a favourite mug to drink their tea out of each morning that you bought them. Someone has read a book you recommended to them and gotten lost in its pages. Someone's remembered a joke you told them and smiled to themselves on the train. Someone's tried on a top and felt beautiful because you complimented them on it. Someone has a memory that makes them grin that involves you. Someone now likes themselves that little bit more because you made a passing comment that made them feel good. Never think you don't have an impact, your fingerprints can't be wiped away from the little marks of kindness that you've left behind.

—*themindsjournal.com*

You never know how long your words will stay in someone's mind even long after you've forgotten you spoke them.

—*LiveLifeHappy.com*

UNLESS someone like you cares a whole awful lot,  
Nothing is going to get better.  
It's not.

—Dr. Seuss

## **THE GOLDEN RULE**

Buddhism: Hurt not others with that which pains yourself.

Christianity: Do unto others as you would have them do unto you.

Hinduism: Treat others as you would yourself be treated.

Islam: Do unto all men as you would wish to have done unto you.

Judaism: What you yourself hate, do to no man.

Native American: Live in harmony, for we are all related.

Sacred Earth: Do as you will, as long as you harm no one.

—*Harmony Center for  
Spiritual Living*

Kindness: Loaning someone your strength instead of reminding them of their weakness.

—Internet Meme

Two important things to ask your kid after school each day:

Tell me about someone being nice to you.

Tell me about you being nice to someone else.

—Internet Meme

If you're thankful, show it.  
If you love someone, tell them.  
If you're wrong, fess up.  
If you're confused, ask questions.  
If you learn something, teach others.  
If you're stuck, ask for help.  
If you made a mistake, apologize.  
If you trip, get back up.  
If someone needs help, help them.  
If you see wrong, take a stance.

—Internet Meme