

COURTESY AND KINDNESS, BEST QUOTES ON

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.

—Casey Hardigan

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.

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 Teresa

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 Teresa

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.

—F. Scott Fitzgerald

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

In society it is etiquette for ladies to have the best chairs and get handed things. In the home the reverse is the case. That is why ladies are more sociable than gentlemen.

—Virginia Graham

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

The strongest people are the ones who are still kind after the world tore them apart.
—Raven Emotion

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.

—Stephen Grellet

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, dogs already know how to do that, so they don't have to stay as long.

—Internet Meme

Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will be in our troubled world.

—Etty Hillesum

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

Everyone you meet deserves to be greeted with a smile.

—Andy Rooney

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 (1871)

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-tryed 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

I've learned that just one person saying to me, 'You've made my day!' makes my day.

—Andy Rooney

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.

—*powerofpositivity.com*

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.

—Marlo Thomas

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

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

Gentleness is not weakness. Just the opposite. Preserving a gentle spirit in a heartless world takes extraordinary courage, determination, and resilience. Do not underestimate the power of gentleness because gentleness is strength wrapped in peace, and therein lies the power to change the world.

—L. R. Knost

People wonder why I give so many compliments out to strangers. I'm not being fake and I'm not looking for people to like me. But if I pass someone and I like something, I say it. 'Love those shoes!' or 'Great hair!' or 'Wow your eyes are beautiful'... Why? Because life is hard and this world can be a shitty place. Some people are just plain mean. You never know how much those few words can mean to someone. You never know what hell they may be going through. And when you put positive vibes out there in the universe YOU become a happier person. It's hard to be nice and be miserable yourself. So random compliment giving will change your life; and more importantly, it may change someone else's as well.

—Jordan Sarah
Weatherhead

You never go wrong when you take the high road—it's less crowded up there.

—Gayle King

You'll end up really disappointed if you think people will do for you as you do for them. Not everyone has the same heart as you.

—Holly Kellums

Helping one person might not change the whole world, but it could change the world for one person.

—Internet Meme

KARMA

When a bird is alive, it eats ants.
When the bird is dead, ants eat the bird.
Time and circumstances can change at any time.
Don't devalue or hurt anyone in life.
You may be powerful today, but remember, time is more powerful than you.
One tree makes a million match sticks,
But only one match is needed to burn a million trees.
So be good and do good.

—Internet Meme

A person becomes 10 times more attractive not by their looks but by the acts of kindness, love, respect, honesty and loyalty they show.

—*www.dailyinspirationalquotes.in*

'With malice toward none, with charity for all.' Lincoln said that in the middle of a war. In the middle of a war! He could see beyond the hatred of the moment.

—James Mattis

When you leave this earth, you can take with you nothing that you have received—only what you have given: A heart enriched by honest service, love, sacrifice, and courage.

—St. Francis of Assisi

People are often unreasonable, irrational, and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway. If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

—Mother Teresa

Before you hurt someone, take a piece of paper and crumple it up. Have you done it already? Good, now try to make it the way it was before...you can't, right? Peoples' hearts are like this piece of paper. Once you have hurt them, it is difficult to leave them the way you found them to start with...so before you hurt someone, THINK HARD about what you are doing.

—Internet Meme

I think we can all do better.

—Jim Jeffries

If you survey American parents about what they want for their kids, more than 90 percent say one of their top priorities is that their children be caring. This makes sense: Kindness and concern for others are held as moral virtues in nearly every society and every major religion. But when you ask children what their parents want for them, 81 percent say their parents value achievement and happiness over caring.

—Adam Grant and
Allison Sweet
Grant

Kindness appears to be in decline. A rigorous analysis of annual surveys of American college students showed a substantial drop from 1979 to 2009 in empathy and in imagining the perspectives of others. Over this period, students grew less likely to feel concern for people less fortunate than themselves—and less bothered by being others treated unfairly.

—Adam Grant and
Allison Sweet
Grant

We don't think parents should police friendships, but we do think it's important to nudge kids to notice classmates who are kind and compassionate. We can ask how those children treat others, and how they make others feel. That's a starting point for developing friendships with children who have compatible values—not ones who stomp all over them. We tell our own children that they shouldn't hang out with the popular kids who sneer and laugh when a classmate trips in the cafeteria. They should get to know the kids who help pick up her tray.

—Adam Grant and
Allison Sweet
Grant

A real gentleman is as polite to a little girl as to a woman.

—Louisa May Alcott

Stop trying to raise successful kids and start raising kind ones.

—Adam Grant and
Allison Sweet
Grant

Quite a bit of evidence suggests that children who help others end up achieving more than those who don't. Boys who are rated as helpful by their kindergarten teacher earn more money 30 years later. Middle-school students who help, cooperate, and share with their peers also excel—compared with unhelpful classmates, they get better grades and standardized-test scores. The eighth graders with the greatest academic achievement, moreover, are not the ones who got the best marks five years earlier; they're the ones who were rated most helpful by their third-grade classmates and teachers. And middle schoolers who believe their parents value being helpful, respectful, and kind over excelling academically, attending a good college, and having a successful career perform better in school and are less likely to break rules.

—Adam Grant and
Allison Sweet
Grant

The real test of parenting is not what your children achieve, but who they become and how they treat others. If you teach them to be kind, you're not only setting your kids up for success. You're setting up the kids around them too.

—Adam Grant and
Allison Sweet
Grant

Simple, genuine goodness is the best capital to found the business of this life upon. It lasts when fame and money fail, and is the only riches we can take out of this world with us.

—Louisa May Alcott

Kindness is the language which the deaf can hear and the blind can see.

—Christian Nestell
Bovee

If you light a lamp for someone else it will also brighten your path.

—Buddha

There are three ways to ultimate success:

The first way is to be kind.

The second way is to be kind.

The third way is to be kind.

—Fred Rogers

When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of ‘disaster,’ I remember my mother’s words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world.

—Fred Rogers

I’m not interested in whether you’ve stood with the great; I’m interested in whether you’ve sat with the broken.

—Sue Fitzmaurice

Work hard, be kind, and amazing things will happen.

—Conan O’Brien

There are two definitions of civility. The first is not being an asshole. The second is ‘I can do what I want and you can shut up.’ The latter definition currently dominates American political discourse.

—Adam Serwer (2019)

In leadership, as in life, we can accomplish very little on our own. As we try to build a better organization, a better community, or a better world, we will inevitably be buoyed most by the relationships we forge and nurture. Leadership is all about people. The way we treat others will determine our success or failure. Maya Angelou famously remarked, ‘people will forget what you said, people will forget what you did, but people will never forget how you made them feel.’ She was right. We must be kind. Even when we are tough.

—Douglas R. Conant

It is a lot easier to convince people to change if you treat them in a civil manner. Even if you are unsuccessful in changing minds, treating them as humans rather than as symbols embodying all that you hate is quite simply the right thing to do.

—Diane Nash

Character is built by striving to be kind not famous.

—Brendon Burchard

Patting a fellow on his back is the best way to get a chip off his shoulder.

—Unknown

What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.

—Joseph Addison

One of the most difficult things to give away is kindness, for it is usually returned.

—Cort R. Flint

If someone is too tired to give you a smile, leave one of your own, because no one needs a smile as much as those who have none to give

—Rabbi Samson Raphael
Hirsch

Never say mean words out of anger. Your anger will pass. Your mean words can scar a person for life. So use kind words or be silent.

—*awesomequotes4u.com*

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them.

your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

—Nikki Banas

When my daughter had a crush on a boy, I asked her to place his name in 1 Corinthians 13:4-6.

She did. 'Sean is patient and kind; Sean does not envy or boast; Sean is not arrogant or rude. Sean does not insist on his own way; Sean is not irritable or resentful; Sean does not rejoice at wrongdoing, but rejoices with the truth.'

She frowned. 'I saw him pick on another boy in the hallway. I guess he wasn't very kind.' She began to rethink her interest in him.

This verse has not only given my daughter greater discernment about others, but it also has helped her reflect on her own behavior. I asked my daughter to substitute her now name into that passage. Then I explained that when we become more like Jesus, we become the right type of person for someone else to like.

—Diane Stark

Be the reason someone believes in good people.

—*lessonslearnedinlife.com*

I truly appreciate kindness. I appreciate people checking up on me. I appreciate a quick message. I appreciate those who ask if I'm okay. I appreciate every single person in my life who has tried to brighten my days. It's the little things that matter the most.

—*sun-gazing.com*

No one heals himself by wounding another.

—St. Ambrose of Milan

A child with disabilities often spends hours being taught how to interact with others. But why don't we spend time teaching those without disabilities how to interact with them?

—Calleen Petersen

It is not your business to succeed, but to do right.

—C. S. Lewis

Forgiveness does not change the past, but it does enlarge the future.

—Paul Boese

One way of getting along with people is the ability give in. Strength of character means the ability to give in to others from motives of love, kindness, and humility, and to do so gracefully, when no sin is involved. It also means the ability to stand on principle, and not to give in, when sin is involved.

—Lawrence G. Lovasik

It is so important to love someone a little extra on their bad days.

—Internet Meme

If you see someone without a smile, give them one of yours.

—Dolly Parton

If we all could do one kind thing each day, the world would be a much better place for everyone.

—Internet Meme

Practice kindness all day to everybody and you will realize you're already in heaven.

—Jack Kerouac

Some of the most generous people have no money. Some of the wisest people have no education. Some of the kindest people were hurt the most.

—Steve Wentworth

Q. How are we supposed to treat others?

A. There are no others.

—Ramana Maharshi

Being a good person doesn't depend on your religion, status in life, race, political views or culture. It depends on how you treat others.

—Internet Meme

Love your neighbor who doesn't

look like you

think like you

love like you

speak like you

pray like you

vote like you

Love your neighbor.

No exceptions.

—Krisita Jackson

The real kindness is when you are ready to give up something that you need yourself.

—*ViralFox.com*

Kindness. What a simple way to tell another struggling soul that there is love to be found in this world.

—a. a. malee

One who knows how to show and to accept kindness will be a friend better than any possession.

—Sophocles

Many a friendship—long, loyal, and self-sacrificing—rested at first upon no thicker a foundation than a kind word.

—Frederick W. Faber

Politeness is an inexpensive way of making friends.

—William Feather

Scatter seeds of kindness.

—George Ade

One who knows how to show and to accept kindness will be a friend better than any possession.

—Sophocles

Lead the life that will make you kindly and friendly to everyone about you, and you will be surprised what a happy life you will live.

—Charles M. Schwab

Goodwill to others helps build you up. It is good for your body. It is the real elixir of life.

—Prentice Mulford

To give pleasure to a single heart by a single kind act is better than a thousand head-bowings in prayer.

—Saadi

All altruism springs from putting yourself in the other person's place.

—Henry Emerson
Fosdick

In the time we have, it is surely our duty to do all the good we can to all the people we can in all the ways we can.

—William Barclay

Help your brother's boat across, and your own will reach the shore.

—Hindu Proverb

Better to expose ourselves to ingratitude than fail in assisting the unfortunate.

—Du Coeur

To pull a friend out of the mire, don't hesitate to get dirty.

—Ba'al Shem Tov

Without kindness, there can be no true joy.

—Thomas Carlyle

So long as you can sweeten another's pain, life is not in vain.

—Helen Keller

In about the same degree as you are helpful, you will be happy.

—Karl Reiland

Pleasure is reciprocal; no one feels it who does not at the same time give it.

—Lord Chesterfield

The infectiously joyous men and woman are those who forget themselves in thinking about others and serving others.

—Robert J. McCracken

To accept a favor from a friend is to confer one.

—John Churton Collins

If the world is cold, make it your business to build fires.

—Horace Traubel

A word of kindness is seldom spoken in vain, while witty sayings are as easily lost as the pearls slipping from a broken string.

—George Prentice

Duty towards a neighbor is to give him pleasure and alleviate his pain.

—W. H. Auden

The really serious things in life are earning one's living and loving one's neighbor.

—W. H. Auden

To all the people who are loving and kind to me, thank you for the sunshine you bring into my life.

—Brigitte Nicole

Don't treat people as bad as they are; treat them as good as you are.

—*Journey2Motivate.com*

Be present. Be kind. Compliment people. Magnify their strengths, not their weaknesses. This is how to make a difference.

—Angel Chernoff

The way we treat people we strongly disagree with is a report card on what we've learned about love, compassion and kindness.

—Angel Chernoff

Despite all the bad days and the mean people, I still believe in good days and kind people. Plus, there are always dogs.

—Internet Meme

The universe has gifted you with another day on this journey. Not necessarily because you need it, but because someone else might need you.

—Jenny Tasker

Try it. Try one full day of speaking kindly, smiling when your children walk in the room, making eye contact, offering hugs and high fives freely, showing appreciation, avoiding any kind of criticism, saying yes when and wherever possible, and simply asking questions instead of issuing commands. Try it. Just try. For one day.

—L. R. Knost

The plain fact is that the planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers, and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it.

—David W. Orr

Reminder: Women do not need to be polite to someone who is making them feel uncomfortable.

—Internet Meme

For beautiful eyes look for the good in others;
For beautiful lips speak only words of kindness;
And for poise, walk with the knowledge that you are never alone.

—Audrey Hepburn

Success can be as simple as the warm feeling you get when you smile at a stranger, someone you know must be lonely, and having that stranger return your smile.

—Maryanne Trump
Barry

Theatre is like a gym for empathy. It's where we can go to build up the muscles of compassion, to practice listening and understanding and engaging with people that are not just like ourselves. We practice sitting down, paying attention and learning from other people's actions. We practice caring.

—Bill English

Forgiveness is not an occasional act: it is a permanent attitude.

—Dr. Martin Luther
King, Jr.

You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

—*tinybuddha.com*

The next time you wish you could find the right words to say to someone who is hurting, just remember that dogs are a man's best friend without ever speaking a word to them. Simply be present and have sympathy.

—Ashly Lorenzana

When someone you know is going through a hard time, don't say 'Call me if you need anything.' Rather say:

- I'm doing grocery shopping today. Send me your list and I'll drop it off on the way home.
- I'll fetch your kids from school this week.
- I've made some dinner for you. What time can I drop it off?
- I know you're not OK. Tell me how you're feeling about everything.
- I've booked a massage for you. The therapist comes to your house so you don't have to drive.
- I'm taking your kids to the movies so you can have the afternoon off.
- I've got time off this week. What can I do for you and how can I support you?

—Internet Meme

The most expensive liquid in the world is a tear. It's 1% water and 99% feelings. Think before you hurt someone.

—Internet Meme

I heard someone say
'Don't cross oceans for people who wouldn't cross a puddle for you.'
Which I thought was good advice.
But then someone else spoke up and said
'No. Do it. Do cross oceans for people.
Love all the people. No conditions attached.
No wondering whether or not they are worthy.
Cross oceans, climb mountains.
Life and love isn't about what you gain,
it's about what you give.'

—*TheMindsJournal*

Giving thanks today for the compassionate people; the lovers, helpers, givers, and healers, who see more than just themselves, who move through the world with open hands and not closed fists.
Thank you. Keep going. It matters.

—*johnpavlovitz.com*

A word of encouragement from a teacher to a child can change a life. A word of encouragement from a spouse can save a marriage. A word of encouragement from a leader can inspire a person to reach her potential.

—John C. Maxwell

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

ONE

One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame a goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference;
Be that One today.

—Unknown

To have attractive lips, speak kind words.
To have a loving look, look for the good side of people.
To look skinny, share your food with the hungry.
To have beautiful hair, let a child cross it with his own fingers once a day.
To have a beautiful poise, walk knowing you're never alone, because those who love and loved you accompany you.
People, even more than objects, need to be fixed, spoiled, awakened, wanted and saved: never give up on anyone.
Remember, if you ever need a hand, you'll find them at the end of both your arms.
When you become old, you will discover that you have two hands, one to help yourself, the second to help others.
The beauty of a woman is not in the clothes she wears, in her face or in her way of fixing her hair. The beauty of a woman is seen in her eyes, because that is the door open to her heart, the source of her love.
The beauty of a woman doesn't lie in her makeup, but the true beauty in a woman is reflected in her soul.
It is the tenderness that gives love, the passion that it expresses.
The beauty of a woman grows over the years.

—Audrey Hepburn

My father used to buy simple goods from poor people at high prices, even though he did not need them. Sometimes he even used to pay extra for them. I got concerned by this act and asked him why does he do so? Then my father replied, 'It is a charity wrapped with dignity, my child.'

—Internet Meme

A good friend of mine unexpectedly lost her husband. A couple months later we were running together, chatting about nothing. She asked what my dinner plans were and I told her hubby wanted chili, but I didn't feel like stopping at the store. We ran a few more minutes when she quietly said, 'Make the chili.' It took me a few minutes to realize we were no longer talking about dinner. It was about going out of your way to do something for someone you love because at any moment, they could unexpectedly be taken from you. So today I'm sharing with you that wisdom handed to me by my dear friend, that I've thought of many times since that day. Next time someone you love wants you to go for a walk or watch a football game or play a board game or just put your phone down and give them your undivided attention, just do it. Make the chili. Love deeply and selflessly.

—*ifunny.com*

To make a difference in someone's life, you do not have to be brilliant, rich, beautiful, or perfect. You just have to care.

—Mandy Hale

No amount of regret changes the past.
No amount of anxiety changes the future.
ANY amount of gratitude changes the present.

—Ann Voskamp

May we raise children
who love the unloved
things—the dandelion, the
worms & spiderlings.
Children who sense
the rose needs the thorn.
& run into rainswept days
the same way they
turn toward sun...

And when they're grown &
someone has to speak for those
who have no voice.

may they draw upon that
wilder bond, those days of
tending tender things

and be the ones.

—Nicolette Sowder

We exist to make life better for people.

—Mormon President
Russell Nelson

If you ever get the chance to treat them the way they treated you, I hope you choose to walk away and do better.

—Najwa Zebian

Appreciation is like salt—a little goes a long way to bring out the best in us.

—Unknown

Seek opportunities to show you care. The smallest gestures often make the biggest difference.

—John Wooden

Perhaps the greatest charity comes when we are kind to each other, when we don't judge or categorize someone else, when we simply give each other the benefit of the doubt or remain quiet. Charity is accepting someone's differences, weaknesses, and shortcomings; having patience with someone who has let us down; or resisting the impulse to become offended when someone doesn't handle something the way we might have hoped. Charity is refusing to take advantage of another's weakness and being willing to forgive someone who has hurt us. Charity is expecting the best of each other.

None of us need one more person bashing or pointing out where we have failed or fallen short. Most of us are already well aware of the areas in which we are weak. What each of us does need is family, friends, employers, and brothers and sisters who support us, who have the patience to teach us, who believe in us, and who believe we're trying to do the best we can, in spite of our weaknesses. What ever happened to giving each other the benefit of the doubt? What ever happened to hoping that another person would succeed or achieve? What ever happened to rooting for each other?

—Marvin J. Ashton

A teacher came into her class and wrote the following on the board...

$$9 \times 1 = 7$$

$$9 \times 2 = 18$$

$$9 \times 3 = 27$$

$$9 \times 4 = 36$$

$$9 \times 5 = 45$$

$$9 \times 6 = 54$$

$$9 \times 7 = 63$$

$$9 \times 8 = 72$$

$$9 \times 9 = 81$$

$$9 \times 10 = 90$$

When she was done, she looked to the students and they were ALL laughing at her for getting the first equation wrong. The teacher let the laughter die down and then said the following, 'I wrote that first one wrong on purpose because I wanted you to see how the world will treat you when you mess up. I got ONE thing wrong. But I wrote the right answer 9 times. This is how many people in the world will treat you. They will criticize the one wrong thing you do and skip over the million good things you've done.'

—Smita Nair Jain

Working in the hospital teaches you that there are only two kinds of people in the world: the sick and the not sick. If you are not sick, shut up and help.

—Hope Jahren

Don't say you don't have enough time or enough money to change the world. You have exactly the same number of hours per day that were given to Helen Keller, Gandhi, Michelangelo, Mother Teresa, Leonardo da Vinci and Jesus Christ.

—Shannon L. Alder

There are men and women who make the world better just by being the kind of people they are. They have the gift of kindness or courage or loyalty or integrity. It really matters very little whether they are behind the wheel of a truck or running a business or bringing up a family. They teach the truth by living it.

—James A. Garfield

Being considerate of others will take your children further in life than any college degree.

—Marian Wright
Edelman

The lie of virginity—the idea that such a thing even exists—is ensuring that young women's perception of themselves is inextricable from their bodies, and that their ability to be moral actors is absolutely dependent on their sexuality. It's time to teach our daughters that their ability to be good people depends on their being good people, not on whether or not they're sexually active...so while young women are subject to overt sexual messages everyday, they're simultaneously being taught—by the people who are supposed to care for their personal and moral development, no less—that their only real worth is their virginity and ability to remain 'pure.'

—Jessica Valenti

As the world fights to figure everything out, I'll be holding doors for strangers, letting people cut in front of me in traffic, saying good morning, keeping babies entertained in grocery lines, stopping to talk to someone who is lonely, being patient with sales clerks, smiling at a passersby. WHY? Because I will not stand idly by and live in a world where love is invisible. Join me in showing kindness, understanding, and judging less. Be kind to a stranger, give grace to friends who are having a bad day, be forgiving of yourself—today and every day BE the change, BE the light, start today and never stop.

—Internet Meme

Every single day, no matter who you meet in the day—friends, family, work colleagues, strangers—give joy to them. Give a smile or a compliment or kind words or kind actions, but give joy! Do your best to make sure that every single person you meet has a better day because they saw you.

—Rhonda Byrne

If there's a thing I've learned in my life it's to not be afraid of the responsibility that comes with caring for other people. What we do for love: those things endure. Even if the people you do them for don't.

—Cassandra Clare

He who stops being better stops being good.

--Oliver Cromwell

I love people that have no idea how wonderful they are and just wander around making the world a better place.

--<http://goodnewsplanet.com>

Be compassionate...and take responsibility for each other. If we only learned those lessons, this world would be so much better a place.

—Mitch Albom

Perhaps to be able to learn things quickly isn't everything. To be kind is worth a great deal to other people...Lots of clever people have done harm and have been wicked.

—Frances Hodgson
Burnett

Yesterday you asked me what the purpose of life is. I've thought about that ever since. I think it's to do good no matter what life throws at you, to not let the pain turn you bitter. It's something we have to learn, something we have to make ourselves become...Little kids don't have to learn it. They already know.

—Janette Rallison

There are two types of people—those who come into a room and say, 'Well, here I am!' and those who come in and say, 'Ah, there you are'

—Frederick L. Collins

No one has yet realized the wealth of sympathy, the kindness, and generosity hidden in the soul of a child. The effort of every true education should be to unlock that treasure.

—Emma Goldman

Independence is my happiness, and I view things as they are, without regard to place or person; my country is the world, and my religion is to do good.

—Thomas Paine

I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you.

—Neil deGrasse Tyson

Be an encourager, the world has enough critics already.

—Unknown

Be nice to the 38 year old in your Freshman lecture and be nice to the fat people at the gym...those people are putting themselves in extreme anxiety-inducing situations in an attempt to try to better themselves...Just a smile or even a quick conversation can mean so much.

—Internet Meme

If you're a giver, remember to learn your limits, because the takers don't have any.

—Internet Meme

There's a better way to value people. Not as fun or not fun, or stylish or not stylish, but as warm or cold, generous or selfish. People who think about others and people who don't. People who know how to listen, and people who only know how to talk.

—William Deresiewicz

It took me a long time to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me. After a lot of soul-searching, thinking and therapy, I realized that forgiveness isn't about accepting or excusing their behavior, it's about letting go and preventing their behavior from destroying my heart.

—Hilary Woldt

Be generous with your smile and try not to frown.

And you will see my children; your smile will never let you down. ☺

—Benny Bellamacina

What makes you extraordinary is defined by your attitude towards others.

—Ashish Patel

In what you say of another, apply the test of kindness, necessity and truth, and let nothing pass your lips without a 2/3 majority.

—Liz Armbruster

Smiles are universal. Happiness knows no culture or geography. Joy is bipartisan. Be kind to everyone—for everyone is having a hard time.

—Gary Brotsma

The only way you may correct the bad things in your past is to add better things to your future.

—Shiloh Morrison

You may think that you are completely insignificant in this world. But someone drinks coffee from the favorite cup that you gave them. Someone heard a song on the radio that reminded them of you. Someone read the book that you recommended, and plunged headfirst into it. Someone smiled after a hard day's work, because they remembered the joke that you told them today. Someone loves themselves a little bit more, because you gave them a compliment. Never think that you have no influence whatsoever. Your trace, which you leave behind with every good deed, cannot be erased.

—<https://inspirationalgoods.com>

If you can't figure out how to be kind, figure out how to be quiet.

—Internet Meme

Speak to people in a way that if they died the next day you'd be satisfied with the last thing you said to them.

—Internet Meme

We are not all in the same 'BOAT.' We are in the same 'STORM.' Some have yachts. Some have canoes and some are 'DROWNING.' Just be kind & HELP when you can!

—<https://twitter.com/tinybuddha>

When someone is broken, don't try to fix them. (You can't). When someone is hurting, don't attempt to take away their pain. (You can't). Instead, love them by walking beside them in the hurt. (You can). Because sometimes what people need is simply to know they aren't alone.

—all-greatquotes.com

I can get my head turned by a good-looking guy as much as the next girl. But sexy doesn't impress me. Smart impresses me, strength of character impresses me. But most of all, I am impressed by kindness. Kindness, I think, comes from learning hard lessons well, from falling and picking yourself up. It comes from surviving failure and loss. It implies an understanding of the human condition, forgives its many flaws and quirks. When I see that in someone, it fills me with admiration.

—Lisa Unger

I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

—Maya Angelou

The world is difficult, and we are all breakable. So just be kind.

—Caitlin Moran

People who respond with, 'That's not how the world works!' when told to be nicer by others are the exact reason that that's not how the world works.

—Internet Meme

When I ran on my ego, I wasted time in pointless competition. The only competition I'm in now is being a better person today than I was yesterday. That's it.

—Danny Trejo

When our time on earth is done, money or material things will not matter. But the love, time and kindness we have given others will shine.

—<https://americasbestpics.com>

What is success?

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate the beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch Or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded!

—Ralph Waldo Emerson

I don't trust someone who is nice to me but rude to the waiter, because they would treat me the same way if I were in that position.

—Muhammad Ali

xxxxxx not below xxxx

The fragrance always remains in the hand that gives the rose.

—Heda Bejar

There are souls in this world which have the gift the finding joy everywhere and Of leaving it behind them when they go.

—Frederick William

Faber

We're all messy.
We're all struggling.
We are all flying high
in some ways and falling
flat on our faces in others.
Nobody has it all figured out.
It's our job to cheer each
other on, lift each other up,
and push each other to
keep giving it our best.
It matters who we surround
Ourselves with...
We need to be better
To each other.
We're all we have.

—Ann Weatherly

Never measure your life
by possessions. Measure it
by the hearts you touched,
the smiles you created
and the love you shared.

—Internet meme

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in your life you will have been all of these.

--George Washington
Carver

All children must learn to care for other human beings, and all must find an ultimate concern in some center of care: care for self, for intimate others, for associates and acquaintances, for distant others, for animals, for plants and the physical environment, for objects and instruments, and for ideas. Within each of these centers, we can find many themes on which to build courses, topical seminars, projects, reading lists, and dialogue.

—Nell Noddings

Caring implies a continuous search for competence. When we care, we want to do our very best for the objects of our care. To have as our educational goal the production of caring, competent, loving, and lovable people is not anti-intellectual. Rather, it demonstrates respect for the full range of human talents. Not all human beings are good at or interested in mathematics, science, or British literature. But all humans can be helped to lead lives of deep concern for others, for the natural world and its creatures, and for the preservation of the human-made world.

—Nell Noddings

Each person has inside a basic decency and goodness. If he listens to it and acts on it, he is giving a great deal of what it is the world needs most. It is not complicated but it takes courage. It takes courage for a person to listen to his own goodness and act on it.

—Pablo Casals

Life is like a stone, skipping over clear water. You don't know how many skips you're going to get, or for how long. What's important are the ripples you make and how they affect the ones around you.

—Donny Christenson

Kindness is not an act, it's a reflection of your soul.

—<https://americasbestpics.com>

When a flashlight grows dim or quits working, do you just throw it away? Of course not. You change the batteries. When a person messes up or finds themselves in a dark place, do you cast them aside? Of course not! You help them change their batteries.

Some need AA...attention and affection; some need AAA...attention, affection, and acceptance; some need C...compassion; some need D...direction.

And if they still don't seem to shine...simply sit with them quietly and share your light.

—Rachel Dansby
Freeman

You have no idea how long something you say can stay in someone's mind.
—Scarlet Leithold

Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other—it doesn't matter who it is—and that will help you to grow up in greater love for each other.
—Mother Teresa

The trick is to care about everyone while not caring what they think.
—<https://themindsjournal.com>

As I stood in the line tonight at the public library, I watched as the clerk told a little girl she couldn't check out a book because she owed a \$.29 fine—then I watched the teenage boy behind her dig in his pockets for some change and pay it for her. And then I felt better about the world
—Internet Meme

The test of a civilization is in the way that it cares for its helpless members.
—Pearl S. Buck

No beauty shines brighter than that of a good heart.
—Internet Meme

Leading by example is better than any Sunday sermon. What you claim to believe doesn't make you a better person, behavior does.
—Internet Meme

The thing about kindness is that we rarely realize the impact it has on someone that truly needs it. It's not difficult to be kind, yet to some people the world feels so cruel. Even from a stranger, kindness can make the darkest days so much more bright. So remember to be kind to your family, be kind to your friend, be kind to the person who takes your coffee order, the bus driver and so on. You have so much kindness within you, and you never know who needs it most.
—Internet Meme

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything could be taken from a man but one thing: the last of his freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.
—Victor E. Frankl

Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They are absolutely free—and worth a fortune.

—Sam Walton

Kindness put off until tomorrow may become only a bitter regret.

—Unknown

A smile, someone once said, costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot get along without it and none is so poor that he cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

—Dale Carnegie

Make a careful list of all things done to you that you abhorred. Don't do them to others, ever. Make another list of things done for you that you loved. Do them for others, always.

—Dee Hock

We shall never know all the good that a simple smile can do.

—Mother Teresa

Let me be a little kinder, let me be a little blinder to the faults of those around me.

—Edward Guest

The deepest principal of Human Nature is the craving to be appreciated.

--William James

A smile costs nothing but gives much. It enriches those who receive without making poor those who give. It takes a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor that he cannot be made rich by it. A smile creates happiness in the home, fosters goodwill in business and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged or borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs to smile so much as he who has not more to give.

—Unknown

Resolve 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

It's not true that nice guys finish last. Nice guys are winners before the game even starts.

—Addison Walker

To have and not to give is often worse than to steal.

—Marie Von
Ebner-Eschenbach

The results of philanthropy are always beyond calculation.

—Miriam Beard

What is this Charity, this clinking of money between strangers....The real love knows her neighbor face-to-face, and laughs with him and weeps with him, and eats and drinks with him, so that at last, when his black day dawns, she may share with him, not what she can spare, but all that she has.

—Stella Benson (1919)

I don't want you to give me your surplus. I want you to give with personal deprivation.

—Mother Teresa

We have no more right to steal the brightness out of the day for our own family than we have to steal the purse of a stranger.

—Laura Ingalls Wilder
(1917)

To the world you may be one person; but to one person you may be the world.

—Dr. Seuss

What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.

—Albert Pike

What I spent I lost; what I possessed is left to others; what I gave away remains with me.

—Joseph Addison

Politeness can have an almost magical effect on people.

—Caitlin Davies

Act as if everyone were related to you.

—Navajo Saying

Unkindness almost always stands for the displeasure that one has in oneself.

—Adrienne Monnier

If we see cruelty or wrong that we have the power to stop, and do nothing, we make ourselves sharers in the guilt.

—Anna Sewell (1877)

Etiquette—a fancy word for simple kindness.

—Elsa Maxwell

Unkindness is death to the home. One unkind, unsocial, critical, eternally dissatisfied member can destroy any family.

—Kathleen Norris

The trauma and pain I experienced in my life didn't necessarily make me stronger. I am still quite fragile at times. It made me softer, more compassionate, and more empathetic to others and their struggles. We need not use strength as what always defines us survivors, but softness and kindness sometimes instead.

—Internet Meme

Forgiveness is the economy of the heart....Forgiveness saves expense of anger, the cost of hatred, the waste of spirits.

—Hannah More (1811)

As long as you don't forgive, who and whatever it is will occupy rent-free space in your mind.

—Isabelle Holland

Oh, the comfort—the inexpressable comfort of feeling safe with a person—having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.

—Dinah Maria Mulock
 Craig (1866)

Good works may only be beautiful sins, if they are not done in a true spirit.
—Margaret Oliphant
(1870)

We do good by ourselves, but we seldom do wrong alone.
—Phyllis Bottome

Be pretty if you can, be witty if you must, but be gracious if it kills you.
—Elsie de Wolfe

Fill the cup of happiness for others, and there will be enough overflowing to fill
yours to the brim.
—Rose Pastor Stokes

There are two ways of spreading light: to be
The candle or the mirror that reflects it.
—Edith Wharton

Joy is a net of love by which you can catch souls.
—Mother Theresa

So many gods, so many creeds,
So many paths that wind and wind
While just the art of being kind,
Is all the sad world needs.
—Ella Wheeler Wilcox

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

Love all the people you can. The sufferings from love are not to be compared to the
sorrows of loneliness.
—Susan Hale (1868)

Love is that which exists to do good, not merely to get good.
—Victoria Woodhull
(1873)

In love, gallantry is necessary. Even when the first wild desire is gone, especially then, there is an inherent need for good manners and consideration, for the putting forth of effort. Two courteous and civilized human beings out of the loneliness of their souls owe that to each other.

—Ilka Chase

Good manners—the longer I live the more convinced I am of it—are a priceless insurance against failure and loneliness. And anyone can have them.

—Elsa Maxwell

Good manners spring from just one thing—kind impulses.

—Elsa Maxwell

Manners are about making other people reasonably comfortable. If etiquette is, in part, about how to eat that artichoke, manners is knowing not to serve them if you suspect that someone at supper is going to be uncomfortable about being confronted with one.

—Mrs. Falk Feeley

There is no place in the world where courtesy is so necessary as in the home.

—Helen Hathaway

It is bad manners to contradict a guest. You must never insult people in your own house—always go to theirs.

—Myrtle Reed

I do not want people to be very agreeable, as it saves me the trouble of liking them a great deal.

—Jane Austin (1798)

‘It is impossible to help all,’ says the miser, and—helps none.

—Marie van
Ebner-Eschenbach
(1893)

Friends and good manners will carry you where money won’t go.

—Margaret Walker

Nice is a pallid virtue. Not like honesty or courage or perseverance. On the other hand, in a nation notably lacking in civility, there is much to be said for nice.

—Molly Ivins

To work in the world lovingly means that we are defining what we will be for, rather than reacting to what we are against.

—Christina Baldwin

Politeness is sometimes a great tax upon sincerity.

—Charlotte Lennox
(1758)

Prejudices such as sexism and the deeply related homophobia, racism, and classism are not just personal problem, sets of peculiar and troubling beliefs. Exclusions and devaluations of whole groups of people on the scale and of the range, tenacity, and depth of racism and sexism and classism are systemic and shape the world within which we all struggle to live and find meaning.

—Elizabeth Kamarck
Minnick

Privacy is granted to you by others, by their decency, by their understanding, by their compassionate behavior, by the laws of the land. It exists only when others let you have it—privacy is an accorded right.

—Alida Brill

If I can stop one Heart from breaking
I shall not live in vain
If I can ease one Life the Aching
Or cool one pain
Or help one fainting Robin
Unto his Nest again
I shall not live in Vain.

—Emily Dickinson (1864)

One act of beneficence, one act of real usefulness, is worth all the abstract sentiment in the world.

—Ann Radcliffe (1794)

I don't think you're much good, unless you're doing good to someone.

—Rose Kennedy

Usefulness, whatever form it may take, is the price we should pay for the air we breathe and the food we eat and the privilege of being alive.

—Eleanor Roosevelt

There is nothing to make you like other human beings so much as doing things for them.

—Zora Neale Hurston

Tact is the ability to describe others as they see themselves.

—Mary Pettibone Poole

It is terrible to destroy a person's picture of himself in the interests of truth or some other abstraction.

—Doris Lessing

As far as the education of children is concerned I think they should be taught not the little virtues but the great ones. Not thrift but generosity and an indifference to money; not caution but courage and a contempt for danger; not shrewdness but frankness and a love of truth; not tact but love for one's neighbor and self-denial; not desire for success but a desire to be and to know.

—Natalia Ginzburg

Words can destroy. What we call each other ultimately becomes what we think of each other, and it matters.

--Jeane Kirkpatrick

My 5-year-old lost her new bracelet and my 7-year-old says, 'That's OK. Someone else will find it and you'll make their whole day.'

—Internet Meme

Most people want to be liked, so find what you do like about them and show them what that means to you.

—*BuzzFeed.com*

Always smile back at little children. To ignore them is to destroy their belief that the world is good.

—Pam Brown

In a 2016 study by research firm QR, Chick-fil-A's employees overwhelmingly said 'please' and 'thank you' at a higher rate than their competitors. But one thing those employees don't say: 'You're welcome.' Instead they say, 'It's my pleasure.' Why? Because it's simply more polite, and it shows gratitude to the customer.

—Gene Marks

Every once in a while, put something positive into the world. We have become so cynical these days....So do something kind, make someone laugh, and don't take yourself too seriously.

—Steve Carell

The founder of Little Caesars Pizza, Mike Ilitch paid Rosa Parks's rent for over 10 years. When Mike learned that the 81-year-old civil rights activist had been robbed and beaten in her Detroit home in 1994, he wanted to move her to a safer apartment, so he established a trust to cover the housing expenses and continued paying her rent every single month until she died in 2005.

—<https://didyouknowfacts.com>

It broke high-schooler Hayden Godfrey's heart when girls at his school didn't get a Valentine's Day gift, because he wanted all of them 'to feel joy.' So he started working several jobs, saved his money for a year and a half, and bought a flower for each of the 834 girls at his school.

'So I did a thing today.

Today I passed out 900 carnations, one to every girl at SVHS and it was totally worth it. I don't think anything can compare to seeing every girl in your life holding a flower as they walk through the halls. I don't think anything can compare to seeing every girl in your life holding a flower as they walk through the halls.'

—<https://didyouknowfacts.com>

If someone is being unkind or petty or jealous or distant or weird, you don't have to take it in. You don't have to turn it into a big psychodrama about your worth. That behavior so often is not even about you. It's about the person who's being unkind or petty or jealous or distant or weird. If this were summed up on a bumper sticker, it would say: Don't own other people's crap. The world would be a better place if we all did that.

—Cheryl Strayed

Be about ten times more magnanimous than you believe yourself capable of being. Your life will be a hundred times better for it.

—Cheryl Strayed

Be brave enough to always, always, always do the right thing even when others don't.

—<https://americasbestpics.com>

Wherever you go, no matter what the weather, always bring your own sunshine.

—Anthony J. D'Angelo

Always leave people better than you found them. Hug the hurt. Befriend the lost.
Love the lonely.

—Internet Meme

Use Your Voice For Kindness
Use Your Ears For Compassion
Use Your Hands For Charity
Use Your Mind For Truth
And..
Your Heart For Love.

—Internet Meme

Ah, kindness. What a simple way to tell another struggling soul that there is Love
to be found in the world.

—Alison Malee

If we could look into each other's hearts and see the challenges each of us faces, I
think we would treat each other with more love, kindness, compassion and patience.

—Internet Meme

Sunflowers follow the sun's light.
But when it's a cloudy, rainy day
they turn towards each other
to share their energy...
May we be the sunflowers
In each other's lives.

—Internet Meme

I read *Flowers for Algernon* at the age of 13, and it introduced me to a world I never
knew before. It taught me to respect and treat others kindly no matter their mental
or physical abilities or disabilities. It also taught me to cherish my own abilities
because I could lose them at any time.

—Hannah Loewentheil
from
BuzzFeed.com

Courage may be the most important of all virtues, because without it one cannot
practice any other virtue with consistency. We can't be kind, true, merciful,
generous, or honest.

--Maya Angelou

You have to be honest with people. You have to have great respect for yourself. If you see something that is not right, you must do something about it.

—Annie Dodge Wauneka,
Navajo Health
Educator

Treat all men alike. Give them all the same laws. Give them all an even chance to live and grow.

--Chief Joseph

The only way to have a friend is to be one.

--Ralph Waldo Emerson

We must want for others, not ourselves alone.

--Eleanor Roosevelt

A kind and compassionate act is often its own reward.

—William J. Bennett

We as a people have . . . a purpose today. It is to make kinder the face of the Nation and gentler the face of the world.

—George Herbert Walker
Bush

If you will think about what you ought to do for other people, your character will take care of itself.

--Woodrow Wilson

What good have I done today?

—Franklin D. Roosevelt

This 'killing them with kindness' is taking way longer than I expected.

—Internet Meme

Teach her above all things to be good: because without that we can neither be valued by others, nor set any value on ourselves..

—Thomas Jefferson,
Telling his
daughter
how to care for her
younger sister

You can literally force yourself to be courteous, happy and enthusiastic with every person you meet. After you have forced yourself to be so for a short period of time... the habit takes over.

—Zig Ziglar

I look upon the whole world as my fatherland. I look upon true patriotism as the brotherhood of man and the service of all to all.

--Helen Keller

LEAD STUDENTS TO BECOME CARING PEOPLE

How do you change children from self-centered, selfish creatures into caring individuals? It is not an easy task, but the guidelines are fairly clear:

- Treat them the way you want them to become. A person who feels loved will love others.
- Show them love in action. Children do not respond to abstract talk, but they can see what you mean when you give them examples of the acts of caring people.
- Be persistent. Just as bad habits develop over time, so do good habits require repetition over time.
- Build on a belief system. We all have unalienable rights because we have been given those rights by our Creator, says the U.S. Declaration of Independence. To care means to bestow loving attention, to respond to needs, to listen and to act accordingly, i.e., to do what is good for the person in need.

—*The Family Learning Association*

Civility is an attitude that reflects respect and courtesy among citizens; thus a civilized person....Civility is often defined as social etiquette, manners, customs, traditions, or polite rules of behavior. It covers a range of experiences from listening until another finishes speaking to knowledge of which eating utensils to use at a formal banquet. Some rules, obviously, are more important than others. But every society has a concept of civility, a code of behavior for its members. Are these superficial? They shouldn't be; they should help society to operate more smoothly.

—*The Family Learning Association*

It was only a sunny smile, and little it cost in the giving, but like morning light it scattered the night and made the day worth living.

—F. Scott Fitzgerald

Even though Americans are sometimes viewed as rough-hewn and impolite, our government was founded on a set of principles that implies civility. Those principles are stated clearly in the oft-quoted passage from the *American Declaration of Independence*:

We hold these truths to be self-evident...that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness.

We are born with those rights. Then we the people create a government to insure those rights for all of us. In building that government, we need to treat each other as equals and expect others to do the same.

That to secure these Rights, Governments are instituted among Men, deriving their just powers from the Consent of the Governed.

Therefore, American Civility is required by the moral principles on which we formed the United States of America.

—*The Family Learning Association*

- Every action done in company ought to be with some sign of respect to those that are present.
- When in company, put not your hands to any part of the body not usually discovered.
- Show nothing to your friend that may affright him.
- In the presence of others, sing not to yourself with a humming voice, or drum with your fingers or feet.
- If you cough, sneeze, sigh, or yawn, do it not loud but privately, and speak not in your yawning, but put your handkerchief or hand before your face and turn aside.

—George Washington as a young student

At the end of the day, I'd rather be excluded for who I include than included for who I exclude.

—Rev. Eston Williams

A person's most beautiful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.

—Internet Meme

If there is one overarching directive for positive human relations, it is the Golden Rule: Treat others as you would have them treat you. In that one rule all the other desirable character traits have a place because the Golden Rule implies that we show respect, civility, justice, responsibility, and caring....'To love your neighbor as yourself' is the epitome of the Golden Rule, the zenith of its expression. Most religious philosophies have a principle like that, a principle that expresses our essential unity as human beings. We love our neighbors because we are one in spirit, drawn by a common desire for happiness, sharing in our universal quest to improve ourselves and the world in which we live.

—*The Family Learning Association*

THE GOLDEN RULE IN VARIOUS RELIGIOUS TRADITIONS

- Judaism: What is hateful to thyself, do not to another.
- Christianity: All things whatsoever ye would that men should do to you, do ye even so to them.
- Confucianism: Never do to others what you would not like them to do to you.
- Zoroastrianism: That nature alone is good which refrains from doing unto another whatsoever is not good for itself.
- Taoism: Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss.
- Hinduism: This is the sum of duty: Do naught unto others which would cause you pain if done to you.
- Buddhism: Hurt not others in ways that you yourself would find hurtful.
- Islam: No one of you is a believer until he desires for his brother that which he desires for himself.

—*The Family Learning Association*

Before you assume,
learn the facts.
Before you judge,
understand why.
Before you hurt
someone, feel.
Before you speak, think.

—Internet Meme

Together we can change the world, just one random act of kindness at a time.

— Ron Hall

SIGNS OF CARING

We show signs of caring in thoughts, words, and deeds. Here are samples or signs of friendship, of caring:

- We hope our friends find happiness because their joy raises the sense of fulfillment in all those around them.
- We tell others that we are sorry for their pain and happy for their achievements and pleasures.
- We send a card, deliver a treat, or offer a service (babysitting) to acknowledge some event in the lives of our classmates or workmates.
- We do these things because we want to be treated in a similar fashion. (Treat others as you want them to treat you.) We do these things because we sense that acts of friendship and love benefit the common good, benefit our common human spirit. Just as evil deeds create a drag on humanity, so do good acts lift us all and make us happier and more peaceful, better than before.

*—The Family Learning
Association*

My mom taught us never to look away from people's pain.

The lesson was simple:

Don't look away. Don't look down.

Don't pretend not to see hurt.

Look people in the eye.

Even when their pain is overwhelming.

And when you are in pain, find the
people who can look you in the eye.

We need to know we are not alone,
especially when we are hurting.

This lesson is one of the greatest
gifts of my life.

—Brene Brown

People don't care how much you know until they know how much you care.

—Zig Ziglar

Never measure your life by possessions. Measure it by the hearts you've touched,
the smiles you created & the love you shared.

—Ziad K. Abdelnour

Kindness will take you further than hatred ever will.

—Internet Meme

When you can't find the sunshine, be the sunshine.

—Internet Meme

A warm smile is the universal language of kindness.

—William Arthur Ward

IT'S A DELIGHT to be around thankful people. They fill up a room with their optimism, thoughtfulness, and peace. In his letter to the believers in Corinth, Paul said that such people act as a fragrant perfume that brings pleasure to every corner of a room.

—Zig Ziglar

The greatest of all mistakes is to do nothing because you think you can only do a little.

—Zig Ziglar

Where you are going in life counts less than what you leave behind.

—Dan L. Miller

Kindness is the highest form of emotional intelligence.

—*DrShawne.com*

'I'm just being honest' is a poor excuse for being rude. Candor is being forthcoming in what you say. Respect is being considerate in how you say it. Being direct with the content of your feedback doesn't prevent you from being thoughtful about the best way to deliver it.

—Adam Grant

Emma felt that she could not now show greater kindness than in listening.

—Jane Austen

Be kind to your dog. He is only a few years of your life. But you are all of his.

—Internet Meme

Some stranger somewhere remembers you because you were kind to them.

—*theChive*

Let them judge you.
Let them misunderstand you.
Let them gossip about you.
Their opinions aren't your problem.
You stay kind, committed to love,
and free in your authenticity.
No matter what they do or say,
don't you dare doubt your worth
or the beauty of your truth.
Just keep on shining like you do.

—Scott Stabile

When you meet people, you should be asking yourself, 'How can I help the other person?'

—Guy Kawasaki

There's something magical about getting the reputation as someone who cares about others more than yourself. It redounds to your benefit in countless ways.

—Adam M. Grant

The more you give, the more you want to do it—as do others around you. It's like going to the gym. If you've been working out your kindness muscles, you get stronger at it.

—Nipun Mehta

Respecting institutions, having manners, demonstrating a level of humility...these are all (relatively) easy. Get the easy stuff right. In and of themselves they will not make you successful. However, not possessing them will hold you back and you will not achieve your potential.

—Scott Galloway

The more I help out, the more successful I become. But I measure success in what it has done for the people around me. That is the real accolade.

—Adam Grant

When you finally learn that a person's behavior has more to do with their own internal struggle than it ever did with you...you learn grace.

—Allison Aars

Being humble means recognizing that we are not on earth to see how important we can become, but to see how much difference we can make in the lives of others.

—Gordon B. Hinckley

In Dublin, Ireland, my friend and I were trying to discreetly look at a map to find a tiny museum. An elderly woman stopped and asked if we needed help. However, she didn't know where the museum was, either, so she stopped a random guy walking by and told him, 'These girls are lost. Be a good boy, and take them where they need to go.' And he did! He walked us there, said goodbye, and went on his way. The entire time we were there, we were treated with a level of kindness and hospitality that we weren't used to coming from strangers. It was great!

—*BuzzFeed.com*
Contributor

At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by 'I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in.'

—Mother Teresa

Never look down on anyone unless you are admiring their shoes.

—*PeacefulmindPeacefulLife.com*

Everyone wants to be the sun to brighten someone's life, but why not be the moon to shine on someone's darkest hour?

—Brian Weiner

Never regret being a good person to the wrong people. Your kindness says everything about you. Their behavior says everything about them.

—Internet Meme

The world is full of good people. If you can't find one, be one.

—Internet Meme

Do we want [your children] to know about kindness and compassion, and their opposites? Then they should read *A Christmas Carol* and *The Diary of Anne Frank* and, later on, *King Lear*.

—William Bennett

Our elderly neighbor passed away recently. His daughter popped around a few moments ago clutching a large plastic sack. In the sack were all the Christmas presents he bought for *our* daughter for the next thirteen years.

—Owen Williams

I recently noticed that whenever life was getting me down, I'd usually find a dollar in my pocket the next day. I told my parents how weird it was and they told me my little sister puts a dollar in one of my pockets when she knows I'm sad to help cheer me up, and now I'm crying.

—*theChive* Contributor

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

—Buddha

I asked a wise man, 'tell me sir, in which field could I make a great career?' He said with a smile, 'be a good human being. There are a lot of opportunities in this area and very little competition.'

—Internet Meme

Be a hand that reaches out. Be a smile for those who have no reason to smile. Be a light for those who live in darkness.

—Internet Meme

Never think that what you have to offer is insignificant. There will always be someone out there who needs what you have to give.

—Internet Meme

Do things for people not because of who they are or what they do in return, but because of who you are.

—Harold S. Kushner

If you can lie down at night knowing in your heart that you made someone's day just a little bit better, you know you had a good day.

—<https://tinybuddha.com>

I define manners as an attitude of the heart that is self-giving, not self-serving....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

Nothing in the nature lives by itself
Flowers don't taste their own nectar
nor they spread their fragrance for themselves
Trees don't eat their own fruits
The sun doesn't shine to warm itself
The rivers don't quench their thirst
by drinking their own water
The ocean provides homes for the sea creatures
the earth, the moon, the sun and the stars
have they ever lived even once for themselves
Living for others
The rule of nature
To provide and serve...

—Unknown

When educating the minds of our youth, we must not forget to educate their hearts.

—Dalai Lama



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