Do an act of kindness each day and change 365 lives.

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

Aesop

A warm smile is the universal language of kindness.

Will Arthur Ward

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

Loa Tzu

We need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that.

Ellen DeGeneres

Never look down on anybody unless you’re helping them up.

Jesse Jackson

It’s nice to be important, but it’s important to be nice.

Author Unknown

A simple act of kindness can change the course of a lifetime.

Unknown

You can never do a kindness too soon because you never know how soon it will be too late.

Ralph Waldo Emerson

Be kind whenever possible. It is always possible.

Dalia Lama

Be kind to unkind people. They need it more.

Unknown

Kindness is in our power even when fondness is not.

Mark Twain

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.

Our days are happier when we give people a bit of heart rather than a piece of our mind.

Unknown

See the light in others and treat them as if that is all you see.

Dr. Wayne Dyer

Choose being kind over being right, and you’ll be right every-time.

Kindness has a beautiful way of reaching down into a weary heart and making it shine like the rising sun. Unknown

If you can’t be kind, be quiet.

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

Since 1861

If you really work hard and you’re kind, amazing things will happen. Unknown

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

No kind action ever stops with itself. One kind action leads to another. Good example is followed.

Amelia Earhart

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

When words are both true and kind they can change the world.

Budda

The greatest work that kindness does to others is that it makes them kind themselves.

Amelia Earhart

Today, give a stranger one of your smiles. It might be the only sunshine he sees all day. H.Jackson Brown Jr.

Treat everyone with politeness, even those who are rude to you- not because they are nice, but because you are.

Author Unknown

Whenever there is a human being there is an opportunity for a kindness.

Seneca

Don’t wait for people to be friendly, show them how.

Unknown

You can’t live a perfect day without doing something for someone who will never be able to repay you.

John Wooden

Kindness, like a boomerang, always returns.

Unknown

The kindest word in all the world is the unkind word unsaid.

Unknown

Real generosity is doing something nice for someone who will never find out. Frank A. Clark

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

Being kind isn’t always easy or convenient. But it has the potential to change everything.

Cap Watkins

Every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

Maya Angelou

Kind hearts are the gardens,

Kind thoughts are the roots,

Kind words are the blossoms,

Kind deeds are the fruits.

19th Century Rhyme

Remember that everyone you meet is afraid of something, loves something and has lost something.

H. Jackson Brown Jr.

Doing, because that’s what kindness is. It’s doing something for someone else because they can’t, but because you can.

Andrew IsKander

A fellow who does things that count, doesn’t usually stop to count them.

Albert Einstien

Even when you do not feel big hearted, you can give yourself permission to act that way.

Lama Willa Miller

In order to be remembered, leave nothing behind but goodness.

YogiTea

Kind people are the best kind of people.

Author Unknown

To err on the side of kindness is seldom an error.

Liz Armbruster

Those who bring sunshine into the lives of others cannot keep it from themselves. James Matthew Barrie

How beautiful a day can be when kindness touches it.

George Elliston

Always be a little kinder than necessary.

James M. Barrie

How wonderful it is that nobody need wait a single minute before starting to improve the world.

Anne Frank

Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end. Scott Adams

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

Eric Hoffer

Good words bring good feelings to the heart. Speak with kindness, always.

Rod Williams

Ask yourself: Have you been kind today? Make kindness your modus operandi and change your world. Annie Lennox

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

Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want and do.

Emmual Swendenborg

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.

Dr. Suess

Truth is a deep kindness that teaches us to be content in our everyday life and share with people the same happiness.

Khaili Gibran

Great opportunities to help others seldom come, but small ones surround us every day.

Sally Koch

Let no one ever come to you without leaving better and happier. Be the living expression of kindness: Kindness in your face, kindness in your eyes, kindness in your smile.

Mother Teresa

We can live life full and complete, thinking with our heads but living from our hearts.

Helen Hunt

One kind word can warm three winter months.

Japanese Proverb

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.

Diana Spencer (Princess of Wales)

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, your Heart for Love.

www.livelifehappy.com

The smallest act of kindness is worth more than the grandest intention.

Oscar Wilde

The best way to find yourself is to lose yourself in the service of others.

Mahatma Gandhi

May every word that is ever spoken by our mouths or typed by our fingers be words that lift up, and never tear down.

www.bravegirlsclub.com

How lovely to think that no one need wait a moment. We can start now, start slowly, changing the world. How lovely that everyone, great and small, can make a contribution toward introducing justice straightaway. And you can always, always give something, even if it is only kindness.

Anne Frank

A little spark of kindness can put a colossal burst of sunshine into someone’s day

Author Unknown

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.

Robert Brault

Don’t be yourself-be someone a little nicer.

Mignon Mclaughlin

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

Author Unknown

A kind word is like a Spring day.

Russian Proverb

Kindness is our power, even when fondness is not.

Samuel Johnson

Kindness is saying “I’m sorry” when you’ve hurt someone’s feelings or done something wrong.

Rosemary Ford

Kindness is accepting someone’s apology when they say “I’m sorry”.

Rosemary Ford

The most important trip you may take in life is meeting people halfway.

Henry Boye

Dare to reach out your hand into the darkness, to pull another hand into the light.

Norman B. Rice

Helping people in need is a good essential part of my life, a kind of destiny.

Princess Diana

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

Abraham Joshua Heschel

We never know when some small kindness will forever make a difference in the lives of total strangers. Continuously performing good deeds…even without recognition…will create a trail of miracles in our wake.

Inspirational Quote from Inspiration Line June 6, 2004

In a world full of people who couldn’t care less, be someone who couldn’t care more.

Author Unknown

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

Ralph Waldo Emerson

Kindness is infectious!

Patti Puracchio Lahey

There is no more disproportionate to its cause than happiness bestowed by a small compliment.

Robert Brault

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

Appreciation can make a day-even change a life, Your willingness to put it into words is all that is necessary.

Margaret Cousins

Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances.

Saint Vincent de Paul

The best way to knock the chip off your neighbor’s shoulder is to pat him on the back.

Author Unknown

Open your heart-open it wide; someone is standing outside.

Mary Engelbreit

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

Albert Schweitzer

Have you noticed in your past experience that your kind interpretations were almost always truer than your harsh one?

Lawrence G. Lovasik

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

Mary Webb

Kindness is the greatest wisdom.

Author Unknown

A person who is nice to you, but rude to the waiter, is not a nice person.

Dave Barry

Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.

C. Neil Strait

Even when you do not feel big hearted, you can give yourself permission to act that way.

Lama Willa Miller

Kindness is never wasted. If it has no effect on the recipient, at least it benefits the bestower.

S. H. Simmons

There’s a lot of not caring that goes under the name of minding your own business.

Robert Brault

Life is short but there is always time for courtesy.

Ralph Waldo Emerson

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

The Dalai Lama

Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment.

Benjamin Franklin

If we cannot be clever we can always be kind.

Alfred Fripp

To give and then not feel that one has given is the best of all ways of giving.

Max Beerbohm

Try to make at least one person happy every day. …If you cannot do a kind deed, speak a kind word. If you cannot speak a kind word, think a kind thought. Count up, if you can, the treasure of happiness that you would dispense in a week, in a year, in a lifetime!

Lawrence G. Lovasik

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

Mother Teresa

The only people with whom you should try to get even are those who have helped you.

John E. Southland

Be the person who makes others feel special.

Be welcoming and kind.

GratitudeHabitat.com

When you carry out acts of kindness, you get a wonderful feeling inside. It is as though something inside your body responds and says, “Yes, this is how I ought to feel.”

Harold Kusher

Kind people are the best kind of people.

Author Unknown

There are no traffic jams when you go the extra mile.

Kenneth McFarland

The true meaning of life is to plant trees, under whose shade you do not expect to sit.

Nelson Henderson

Choose your words carefully.

A.D. Williams

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

Karl Reiland

Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible-the kind of atmosphere that is found in a nurturing family.

Virginia Satir

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

William Penn

The greatest good you can do for another is not just share your riches but to reveal to him his own.

Benjamin Disraeli

How beautiful a day can be When kindness touches it!

George Elliston

Sometimes someone says something really small, and it just fits right into this empty place in your heart.

From the show My So-Called Life

Something that has always puzzled me all my life is why, when I am in special need of help, the good deed is usually done by someone on whom I have no claim.

William Feather

Perfect kindness acts without thinking kindness.

Loa Tzu

To be rich in admiration and free from envy, to rejoice greatly in the good of others, to love with such generosity of heart that your love is still a dear possession in absence of unkindness-these are the gifts which money cannot buy.

Robert Louis Stevenson

Your greatness is measured by your kindness; your education and intellect by your modesty; your ignorance is betrayed by your suspicions and prejudices, and your real caliber is measured by the consideration and tolerance you have for others.

William J. H. Boetcker

If you judge people, you have no time to love them.

Mother Teresa

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

Dolly Parton

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 Sampson Raphael Hirsch

By swallowing evil words unsaid, no one has ever harmed his stomach.

Winston Churchill

If you have good thoughts, they will shine out of your face like sunbeams, and you will always look lovely.

Roald Dahl

Kindness is the courage to do what’s right.

Renee Johnson

Just when the caterpillar thought the world was over, it became a butterfly.

Ancient Proverb

Happiness can be found in even the darkest places, if one only remembers to turn on the light.

Harry Potter

Think deeply, speak gently, love much, laugh alot, work hard, give freely, and be kind.

ellinee.com

The end result of kindness is that it draws people to you.

Anita Roddick

We make a living by what we get, but we make a life by what we give.

Winston Churchill

Wrong is wrong, even if everybody is doing it. Right is right, even if nobody is doing it.

Augustine of Hippo

We’ve all got both light and dark inside of us. What matters is the part we choose to act on-that’s who we truly are.

Harry Potter

The best things in life aren’t things.

Art Buchwald

Today you are you, that is truer than true, there is no one alive that is youer than you!

Dr. Suess

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

Ghandi

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

Ralph Waldo Emerson

Remember, you’re the one that can fill the world with sunshine.

Snow White

Surround yourself only with people who are going to take you higher.

Oprah Winfrey

Weeds are flowers, too, once you get to know them.

Winnie the Pooh

Never judge a book by its cover

George Elliot

Waste no time arguing what a good man should be. Be one!

Marcus Aurelius

Forget injuries, never forget kindness

Confucius

Kind words do not cost much. Yet they accomplish much.

Blaise Pascel

Kindness is always fashionable.

Amelia E. Barr

Kindness is ever the begetter of kindness.

Sophocles

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

Isaac Bashevis Singer

Let us be kinder to one another.

Aldous Huxley

In the end only kindness matters.

Jewel

It’s no use trying to be clever--we are all clever here; just try to be kind—a little kind.

F.J. Foakes Jackson

You can accomplish by kindness what you cannot by force.

Publilius Syrus

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

Anonymous

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

Sir Arthur Helps

It is one of the beautiful compensations of life that no man can sincerely try to be kind to another, without helping himself.

Bailey

If what must be given is given willingly the kindness is doubled.--

Syrus

Great person are able to do great kindnesses.

Miguel DeCervantes

For attractive lips, speak words of kindness.

Audrey Hepburn

Don’t wait for people to be friendly, show them how.

Author Unknown

Kindness is like snow-it beautifies everything it covers.

Croft M. Pentz

A kind and compassionate act is often its own reward.

William John Bennet

Do it that very moment! Don’t put it off-don’t wait. There’s no use in doing a kindness if you do it a day too late!

Charles Kingsley

Goodness is about character-integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it’s about how we treat other people.

Dennis Prager

Don’t wait for other people to be loving, giving, compassionate, grateful, forgiving, generous, or friendly……..

Lead the way.

Steve Maraboli

What wisdom can you find that is greater than kindness?

Jean-Jacques Rousseau

Kindness and politeness are not overrated at all. They’re underused.

Tommy Lee Jones

A laugh, to be joyous, must flow from a joyous heart, for without kindness, there can be no true joy.

Thomas Carlyle

Deliberately seek opportunities for kindness, sympathy, and patience.

Evelyn Underhill

The catch phrase for the day is “Do an act of kindness. Help one person smile.”

Harvey Ball

I’m a big believer in acts of kindness, no matter how small.

Liam Neeson

Treat everyone with respect and kindness. Period. No exceptions.

Kiana Tom

If you have an impulse to kindness, act on it.

Douglas Coupland

I don’t worry about people misinterpreting my kindness for weakness.

Jason Bateman

I’m always impressed by confidence, kindness and a sense of humor.

Tamara Mellon

They’re only truly great who are truly good.

George Chapman

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

The Dalai Lama

Fashion your life as a garland of beautiful deeds.

Budda

Only a life lived for others is worth living.

Albert Einstein

Be good, be kind, be humane, and charitable; love your fellows; console the afflicted; pardon those who have done you wrong.

Maxim Gorky

Just be kind! ☺

Make a difference!!