

M2 KINDNESS CARDS



Kindness is Contagious

Kindness is “the quality of being friendly, generous, and considerate.”
To put it in action, you already have all you need within you: intention, effort and positivity,
and a letting go of the expectation of something in return.

PUT INTO PRACTICE

Here's a little assist to get busy spreading some warm fuzzies!

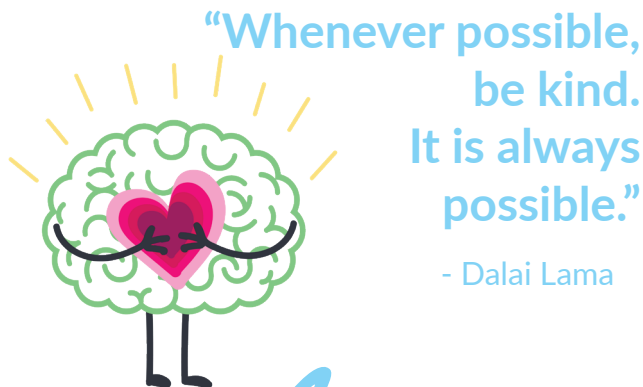
Send or deliver *Kindness Cards*.

You can sign your name or be anonymous and keep 'em guessing.

Consider these prompts, if you're looking for a little inspiration.

- One amazing thing I've learned from you is...
- I admire your personality because...
- I am so grateful that you do/are...
- Some great things about you are...
- I think it's great the way you...
- I enjoy spending time with you because...


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“Whenever possible,
be kind.
It is always
possible.”

- Dalai Lama

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“Do your little bit of good
where you are;
it's those little
bits of good put
together that
overwhelm the world.”

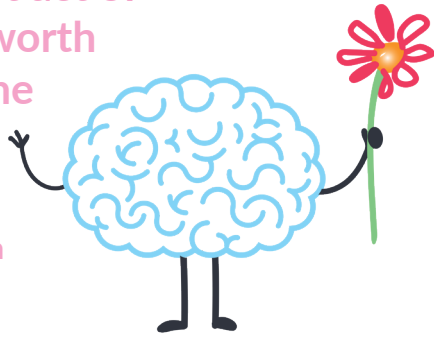
- Desmond Tutu



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“The smallest act of kindness is worth more than the greatest intention.”

- Kahlil Gibran



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“Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.”

- Bob Kerrey



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“Be silly.
Be honest.
Be kind.”

- Ralph Waldo Emerson

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“How do we change the world? One random act of kindness at a time.”

- Morgan Freeman



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