Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

⭐️ You are doing a fabulous job. Keep it up!
⭐️ You look great today!
⭐️ Smile! Yes, I’m talking to you.
⭐️ Dream BIG!
⭐️ You are amazing!
⭐️ You are more important than you realize!
⭐️ Have a super day!
⭐️ This # does not measure how beautiful you are (put on a scale).
⭐️ You make a living by what you get. You make a life by what you give.
⭐️ Be the change you wish to see in the world.
⭐️ Have a beautiful day!
⭐️ Keep shining!
⭐️ This smile 😊 is contagious. Be a carrier!
⭐️ Your face shows where you were, are, and where you will go. Now that is beautiful!