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!