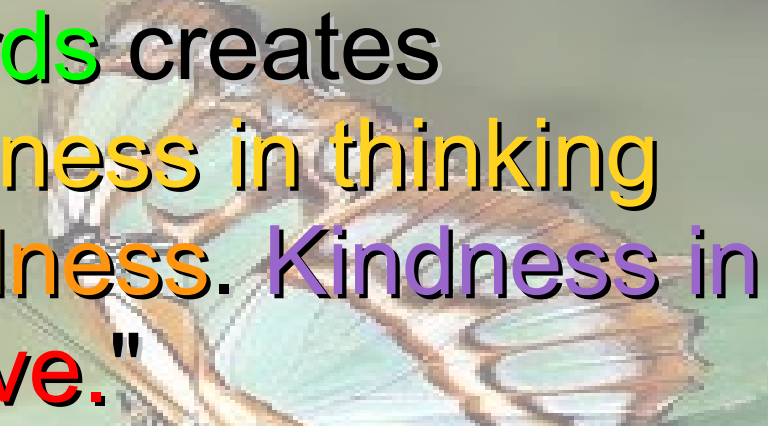


# Quotes of Kindness



practice  
random acts  
of kindness



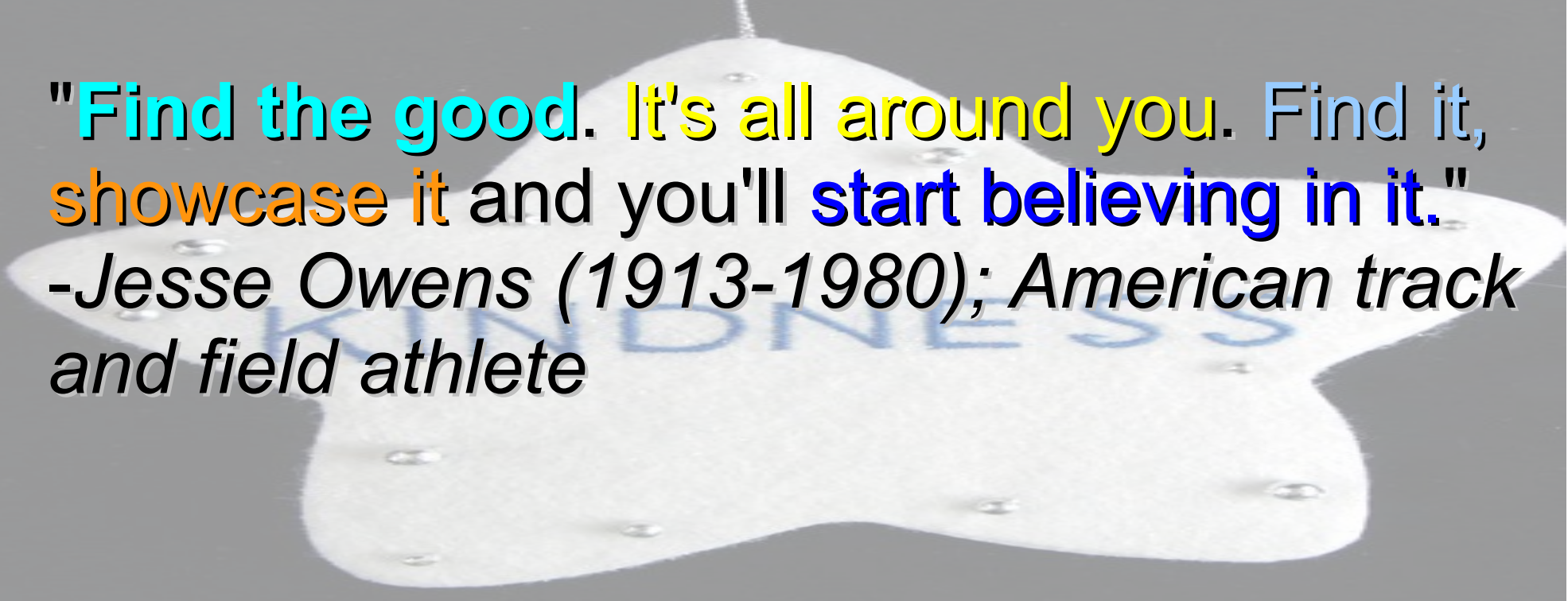
"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

-Lao Tzu



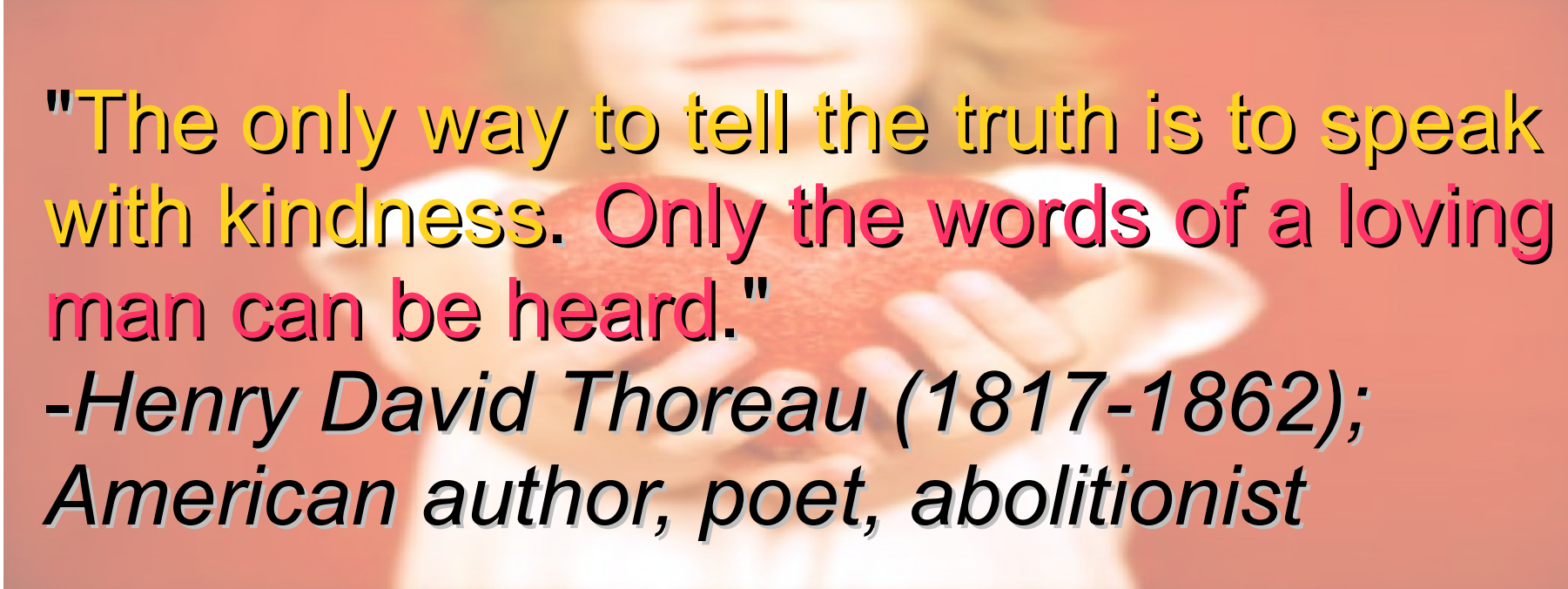
"Why give in to rudeness, when you can fight back with kindness."

-Donna A. Favours



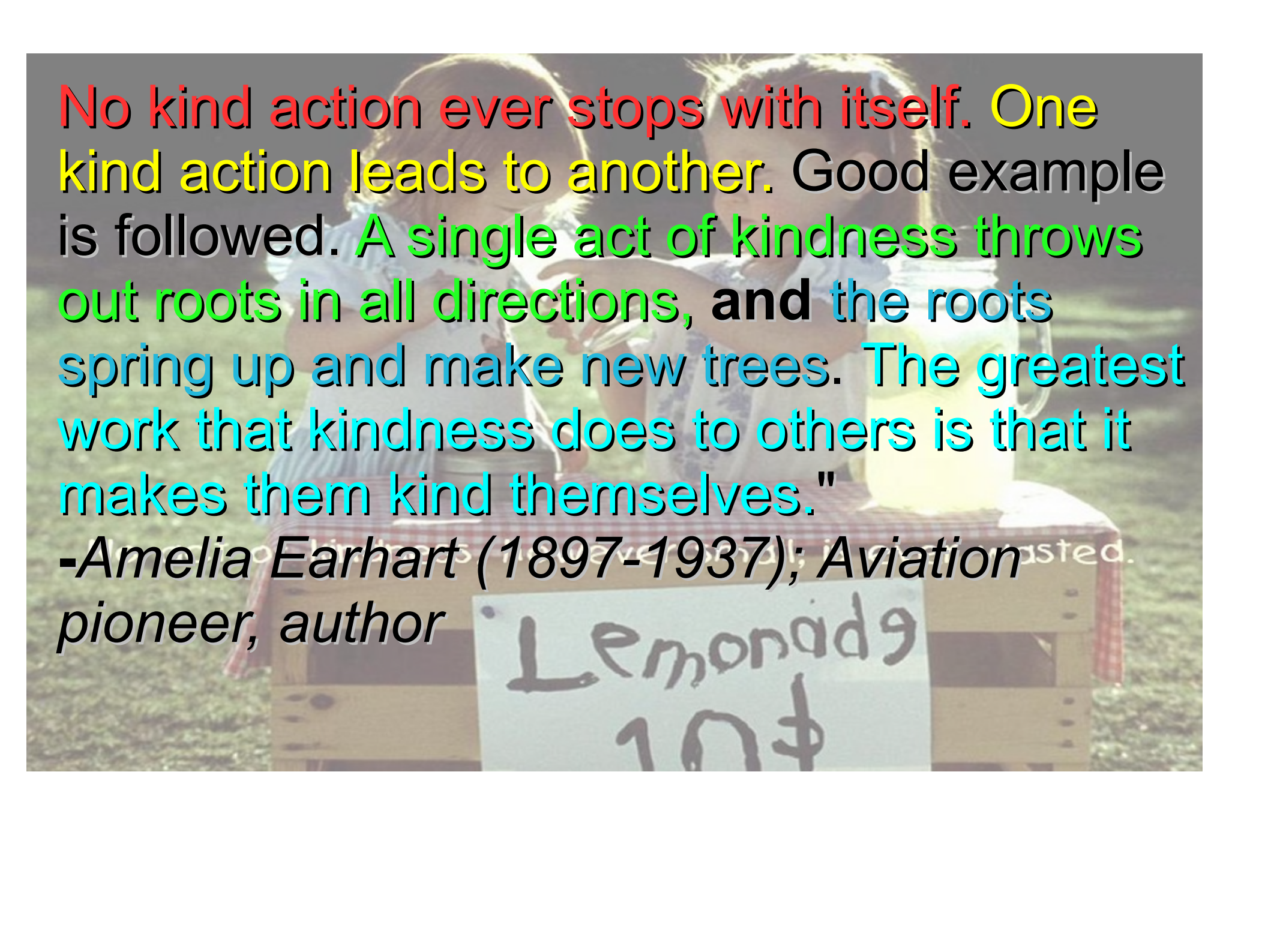
"Find the good. It's all around you. Find it, showcase it and you'll start believing in it."

*-Jesse Owens (1913-1980); American track and field athlete*



"The only way to tell the truth is to speak with kindness. Only the words of a loving man can be heard."

*-Henry David Thoreau (1817-1862); American author, poet, abolitionist*



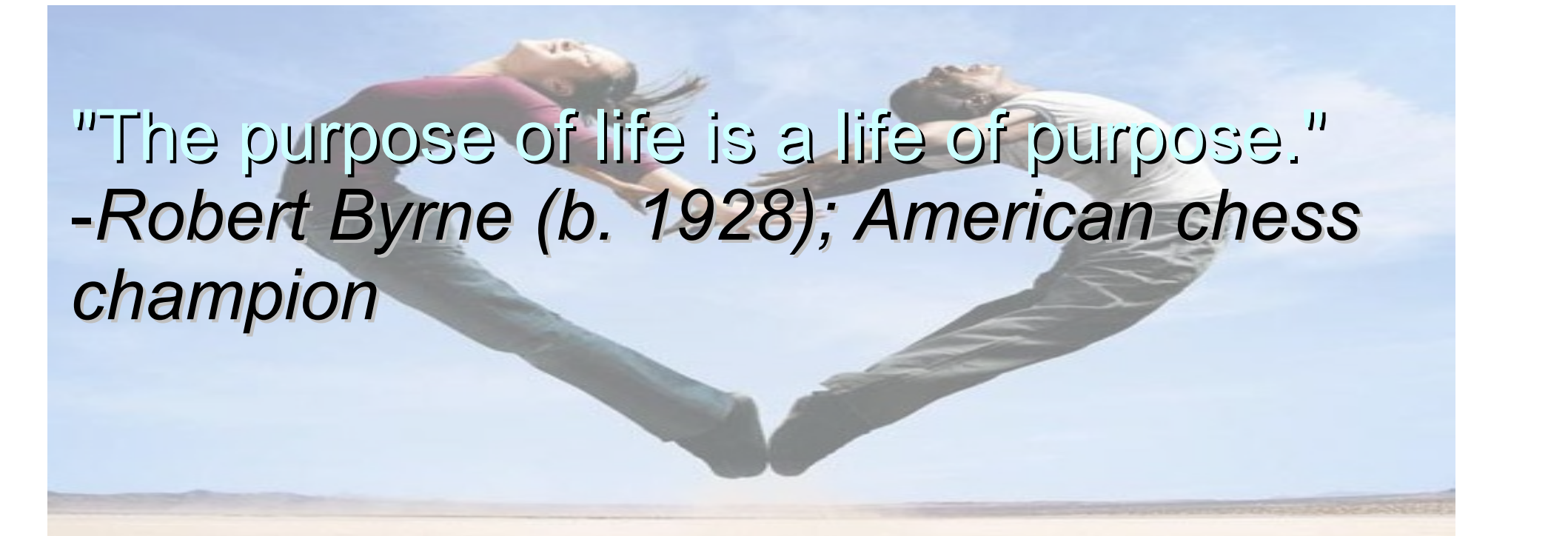
No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."

-*Amelia Earhart (1897-1937); Aviation pioneer, author*

A photograph showing two hands reaching towards each other in a park setting. The hands are positioned in the center of the frame, with one hand slightly above the other. The background is a blurred green lawn and trees under a bright sky.

**"Life is short but there is always time for courtesy."**

***-Ralph Waldo Emerson (1803-1882);  
American poet***

A photograph of a man and a woman performing a backflip in a desert landscape. They are captured mid-air, with their bodies arched and feet pointing towards each other. The background is a clear blue sky and a flat, sandy desert floor.

**"The purpose of life is a life of purpose."**

***-Robert Byrne (b. 1928); American chess  
champion***

An illustration of several white hands of various sizes, each holding a red heart. The hands are arranged in a row, with the largest hand in the center. The background is a gradient of orange and yellow.

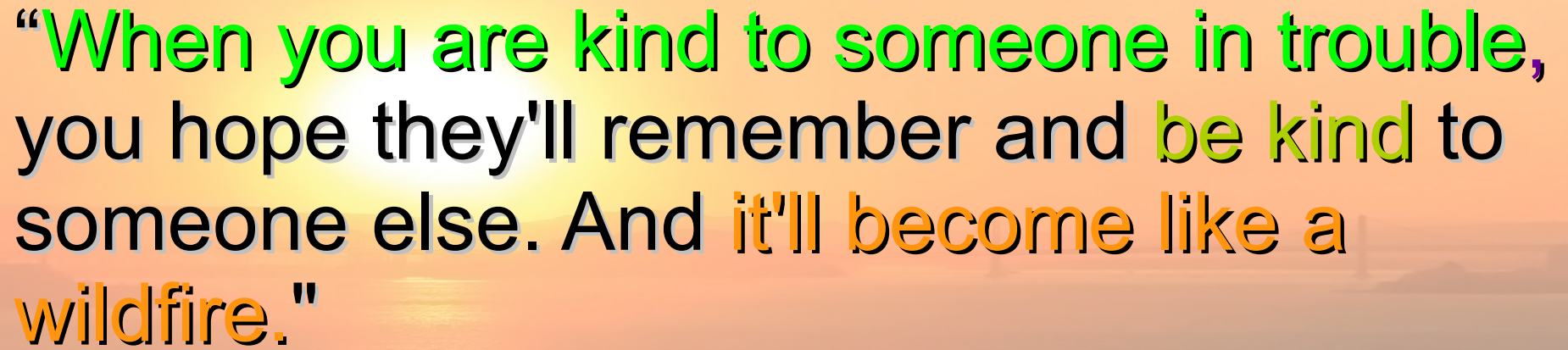
**“Choose being kind over being right, and you'll be right every time.”**

*-Richard Carlson (1961-2006); Author, motivational speaker*

A photograph of two hands holding a heart against a blue sky with white clouds. The hands are silhouetted against the bright sky, and the heart is a glowing white color.

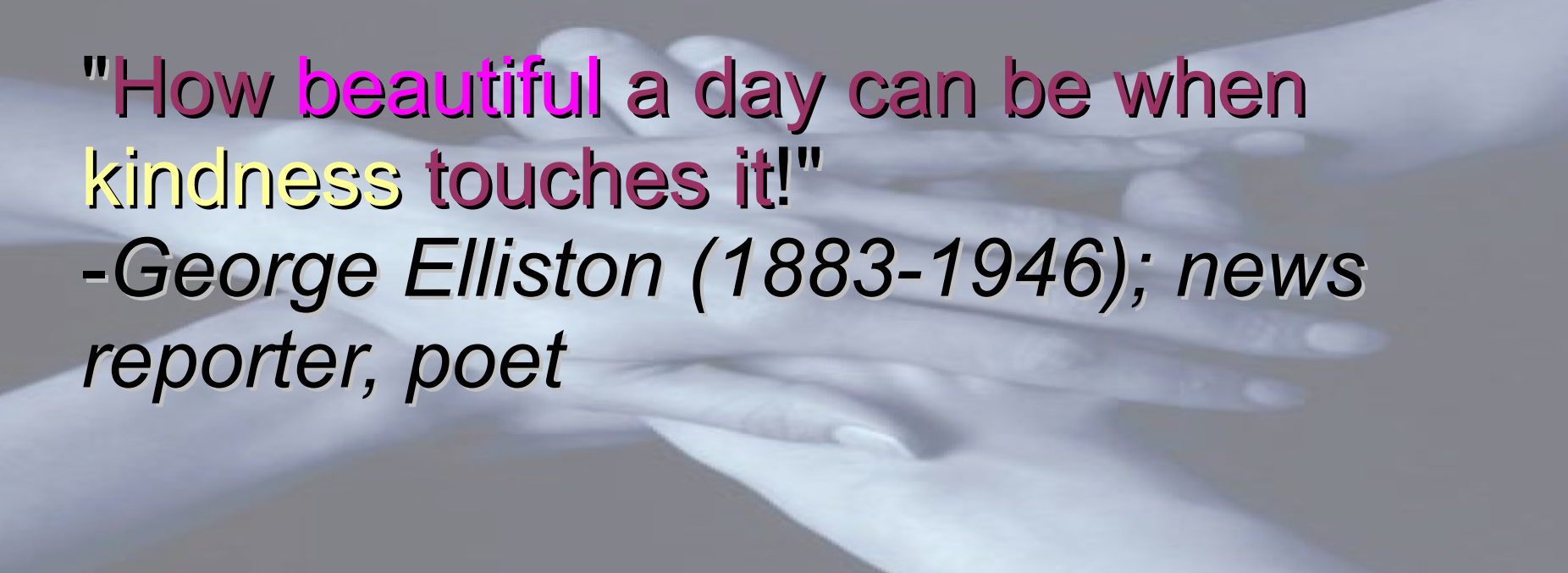
**“The basis of all good human behavior is kindness.”**

*-Eleanor Roosevelt (1884-1962); American humanitarian, diplomat*



**"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 (b. 1955); comedian, actress*



**"How beautiful a day can be when kindness touches it!"**

*-George Elliston (1883-1946); news reporter, poet*



"Do something wonderful, people may imitate it."

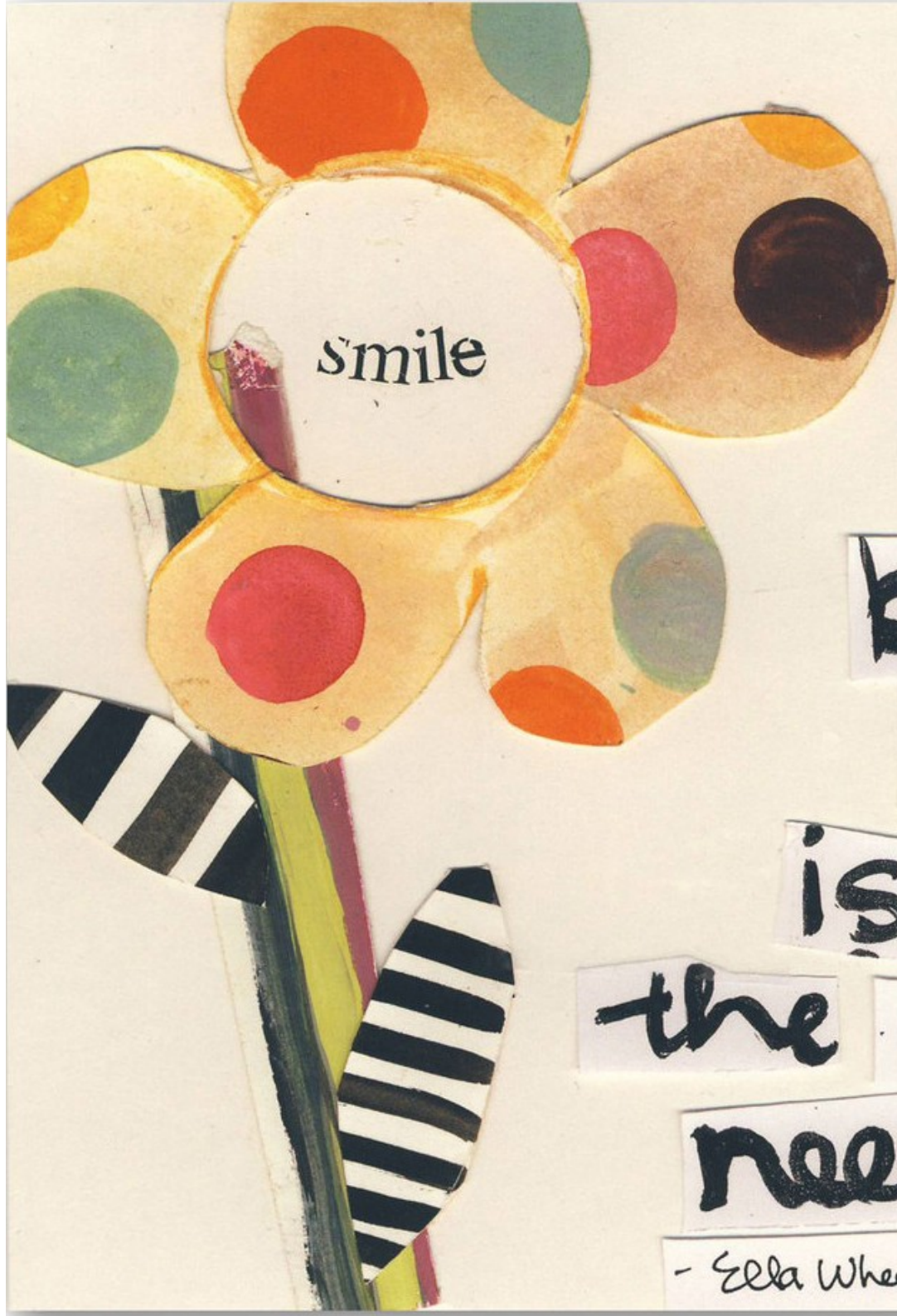
*-Albert Schweitzer (1875-1965); French philosopher, physician*



"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver."

*-Barbara DeAngelis (b. 1951); Relationship and personal growth advisor, lecturer, author*

cultivate kindness.



smile

the  
art  
of  
being  
kind  
is all  
the world  
needs.

- Ella Wheeler Wilcox

**Kindness,**

**pass it on.**

