

Be Kind

SOMEONE IS WAITING FOR YOU TO NOTICE

You can always give something, even it is only kindness



Anne Frank



How overt are you with your kindness? It is Friday and the perfect time to make a positive end to someone else's week. No ideas? Try these for size...

If you are at work today, send that email of appreciation to a boss, colleague or client. Throw three more smiles, say three more good mornings to random strangers, post a bar of chocolate through a neighbour's door with a Happy Weekend note. Give someone a lift, be the nominated driver, send a friend a book for them to open tomorrow morning.

Arrange a walk with a friend over the weekend and listen to their news, message that person in your contacts that you should have spoken to ages ago, be the first to remove the barriers.