TOP TEN REASONS TO BE KIND



No. 01 It makes you happy!



No. 02 It uplifts everyone around you.



No. 03 It spreads like wildfire!



No. 04 It boosts your health and longevity.



No. 05 It improves how others see you!



No. 06 It's good for society, community, the environment, and the world!



No. 07 You will sleep better!



No. 08 You'll get along better with others.



No. 09 It feels GREAT!



No. 10 It could even save lives!