## 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!