



“You cannot do kindness too soon, for you never know how soon it will be too late”

– Ralf Waldo Emerson

Pick the One

When planning your day, pick the one person you are going to help, inspire, or make a difference in their life today. So many people suffer in silence and you could be the one that brings relief to their pain. Try this for a few weeks and see the difference you make, not only in the lives you touch, but in your own as well. Make it a habit! There is no greater feeling than reaching out and helping someone.

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