

walking right past,  
eyes to the ground  
All living in a world of our own  
wishing to connect  
but not really trying  
who knows how after all this time  
alone?

The answer is simple  
the truth is quite clear  
if we all had the  
courage  
to look.

There is beauty in actions as well as in words  
so start there.

Offer a smile, look alive, really try  
Your eyes can be opened if you just look up  
share a laugh with a stranger

Listen to the words of a friend

Be a helping hand

a ray of sunlight

a heart of gold

At first it might seem a little crazy,

But

after a while, just maybe,

someone might notice and send you a smile

see how good that feels?

Imagine how far we could go if we treated each other with  
respect

gratitude

encouragement

The best ripple effects are those of kindness.

That's how we can change the world.

One step at a time