

**Kindness is a gift
everyone can
afford to give**

Anon

www.monkeywellbeing.com

**A LITTLE SPARK OF
KINDNESS CAN PUT
A COLOSSAL BURST
OF SUNSHINE INTO
SOMEONE'S DAY**

ANON

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**Be the change
you wish to see
in the world**

Mahatma Gandhi

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***KINDNESS
BEGINS
WITH ME***

ANON

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**Be kind
whenever possible.
It is always possible.**

Dalai Lama

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***When you are kind
to others, it not only
changes you, it
changes the world***

Harold Kushner

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**In a world where
you can be anything.**

Be kind

Anon

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**No act of kindness,
no matter how small,
is ever wasted.**

Aesop

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**KINDNESS
COSTS NOTHING
BUT MEANS
EVERYTHING**

ANON

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**A KIND FRIEND IS
THE RIGHT KIND
OF FRIEND**

ANON

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