



Help an elderly person bag groceries.

Smile at a stranger.

Pay the toll of the person in the car behind you.

Stop (literally)

and smell the spring flowers. Say, "I'm sorry;" Give your

kids dessert on a weeknight. Tell someone

you love them. Let your kids listen to their music in the

car. Bake cookies

for a sick neighbor. Make someone

laugh. Forgive

yourself. Pray for peace.