



- 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.