

# BE KIND TO OTHERS

IF YOU  
CAN'T BE

KIND

BE  
QUIET

Being kind to others is a way  
of being good to yourself.

Harold S. Kushner





**The Golden Rule:**  
**Treat others the**  
**way YOU want to be**  
**treated.**





BE KIND  
TO YOUR  
MIND



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ONE KIND WORD  
can change  
someone's  
entire day

The Golden Rule



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