

My hands were full. Loaded. I followed someone off the elevator to the next set of doors, and they went through without holding it open for me. Oblivious! I swear, sometimes it feels like everyone is just in their own bubble.

That incident yesterday morning reminded me that simple gestures can really make a difference. Holding the door for someone or offering a genuine compliment can completely brighten a person's day. Or taking a moment to truly listen. That's huge! I think we all appreciate that kind of connection. Whether it's seeing a friend or coworker struggling and stepping in to help, or simply offering a "thank you," that support goes a long way. How about giving someone a quick shout-out when they achieve something? That is an instant mood lifter right there. And my favorite: calling someone to check in on them. That can mean the world. These are all relatively small gestures, yet with everything going on, we easily forget how powerful simple acts of kindness can be.

We don't have to do anything grand; we just need to be kind and thoughtful. I say let's commit to small acts of kindness in our daily lives. While these brownie points don't make us a shoo-in for heaven, they can certainly create a little slice of it right here on earth.

[Speaking of brownies… I can't help but remember my friend Barbie, who often commented on this blog about hers and always said she owed me a batch. She is dearly missed.]

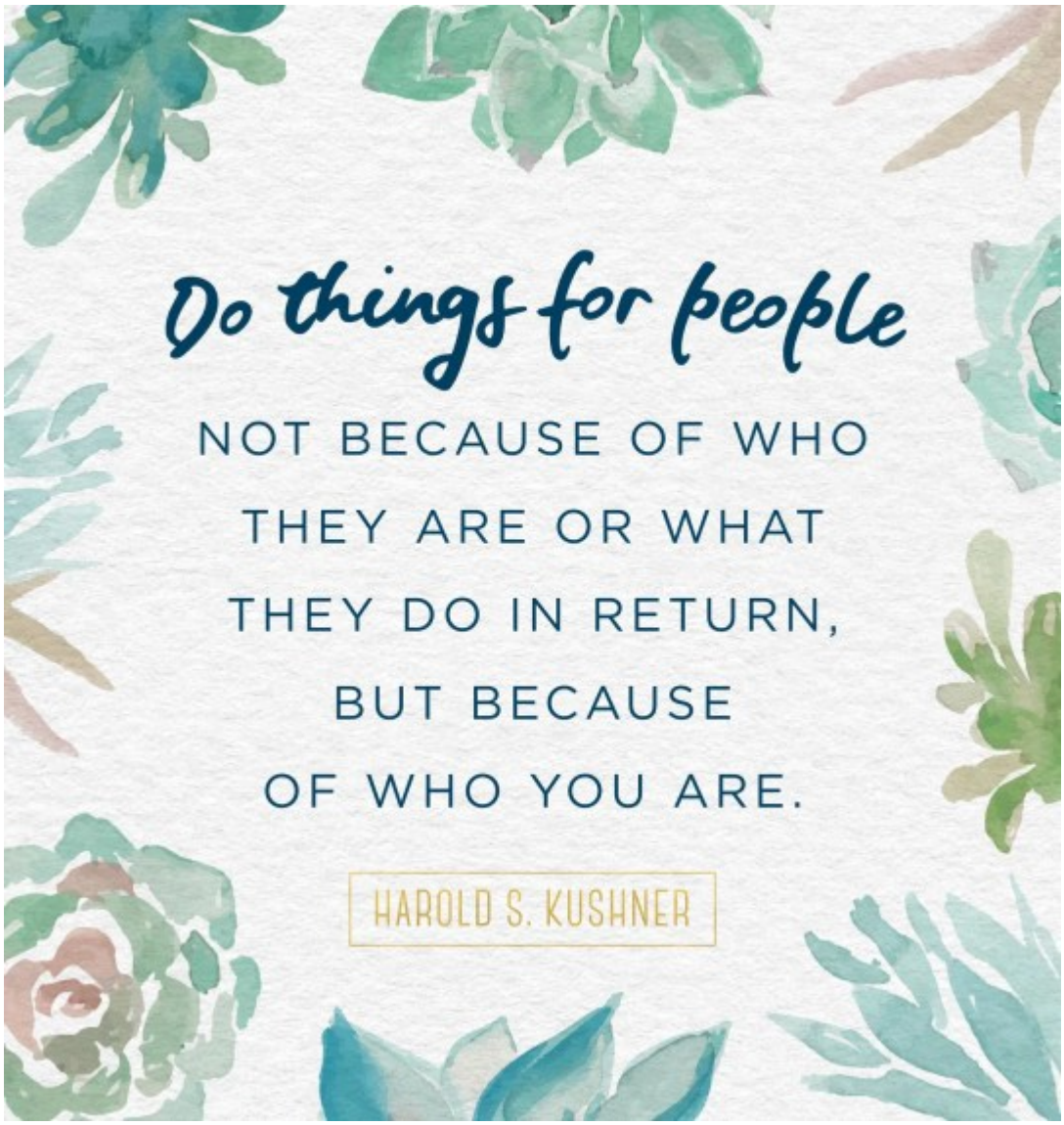
What's your favorite way to spread a little kindness? And what are you thankful for today?

Until next Thursday´s post…si Dios quiere.

"This small act of thoughtfulness hit the heartstrings that quietly ask, Who's taking care of you? Who's thinking of you?"
-C. Tori

"Never suppress a generous thought."

C.E. Kimball



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