The Kindness Project

Write a message of kindness below and pass it on to a friend, colleague or stranger.

“Your efforts today will affect people you will never know. It is your choice whether that effect is positive or negative. You can choose every day, every minute, to act in a way that may uplift a stranger, or else drag them down. The choice is easy. And it is yours to make.”  

Eddie Jaku, The Happiest Man on Earth

Write your message of kindness here.
Kindness Week
25-29 October 2021

Write your message of kindness here.