



daily GOOD

The person who practices unselfishness, who is genuinely interested in the welfare of others, who feels it a privilege to have the power to do a fellow-creature a kindness... will be an elevating influence wherever they go. --Orisen Swett Marden

A Three Year Road Trip Documenting Kindness

Do you see the world as a place of hope and optimism? Understandably, many people don't as the barrage of bad news hits the news feed every day. Mary Latham is not one of those people though. Instead of withdrawing from the world after the loss of her mother, in 2016 she began a journey to find and create kindness as she traveled across the US. Over the past years, she says she's found nothing but goodness and kindness in the people who offered her hospitality. Read on to discover the truth in what Mary's mother told her: "Mary, there are always going to be tragedies in the world, but there will always be more good you just have to look for it."

Be The Change:

As you head out your door, resolve to do an act of kindness at least once during your day.