



## daily GOOD

"All those who suffer in the world do so because of their desire for their own happiness. All those happy in the world are so because of their desire for the happiness of others."

--Bodhicaryavatara

Data showed that those raised in homes rated "clean" to "very clean" had completed an average of 1.6 more years of school than those raised in "not very clean" or "dirty" homes. (Psychology Today, August 2001)

### **Be The Change:**

Help someone to clean or paint; offer to wash their car!