



daily GOOD

In our relationships we need to uphold that aspect of the person which is the real person and the soul beyond their own self-doubt. --Pir Vilayat Inayat Khan

Teenage Football Players Conspiracy of Kindness

Without telling their coaches, the football players of Olivet Middle School conspired to execute an extraordinary play at their next home game. Actually, it was two plays. The first was to get as close to the goal line as possible without scoring. And the second? Well, you'll just have to watch the video to find out. The most remarkable effect of the play? Says one team member, "I went from being somebody who mostly cared about myself and my friends to caring about everyone and trying to make everyone's day and everyone's life." Watch what this group of middle schoolers conspired to do...

Be The Change:

Today is World Kindness Day! Celebrate by doing whatever you can to light the eyes of those around you. For inspiration here are some ideas.