



## daily GOOD

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. --Leo F. Buscaglia

### Secret Agent of Kindness

For the past year, Laura Miller has been living a double life of sorts: administrative assistant by day, secret agent of kindness by night. The 32-year-old only recently revealed herself as the woman behind "Secret Agent L," a giver of random acts of kindness that has been brightening the days of unsuspecting Pittsburgh, Pennsylvania residents since July 2009. What started with a friend's request to do a random act of kindness in honor of her birthday has rippled happiness across the city, in the form of flowers on windshields, a roll of quarters at a laundromat, chocolate bars on desks, the list goes on... Her project even attracted 80 "Secret Agent Affiliates" who are spreading kind anonymous acts around the world. "I think people are so hungry to not feel alone," she remarks. "There's so much hurt out there and my project is an attempt to heal some of that."

### Be The Change:

Do a small, anonymous act of kindness today. Check out Secret Agent L's blog for ideas and inspiration.