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# Notable

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## Random Acts of Kindness

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

1. You are doing a fabulous job. Keep it up!
2. You look great today!
3. Smile! Yes, I'm talking to you.
4. Dream BIG!
5. You are amazing!
6. You are more important than you realize!
7. Have a super day!
8. This # does not measure how beautiful you are (put on a scale).
9. You make a living by what you get. You make a life by what you give.
10. Be the change you wish to see in the world.
11. Have a beautiful day!
12. Keep shining!
13. This smile is contagious. Be a carrier!
14. Your face shows where you were, are, and where you will go. Now that is beautiful!

