

People are often unreasonable, illogical and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some false friends and some true enemies. Succeed anyway.

If you are honest and frank, people may cheat you. Be honest and frank anyway.

What you spend years building, someone could destroy overnight. Build anyway.

If you find serenity and happiness, they may be jealous. Be happy anyway.

The good you do today, people will often forget tomorrow. Do good anyway.

Give the world the best you have and it may never be enough. Give the world the best you have anyway.

You see, in the final analysis... it is between you and God. It was never between you and them anyway.

*Thank you,
Mother Theresa,
for your kind words.
We will remember you!*

Has someone ever smiled at you and changed your mood from bad to good?

It is amazing, the amount of love of which we are capable. All we have to do is share it with others. Begin that chain reaction that touches a person's life and inspires them to do great things with the big picture in mind! It is as simple as a kind glance, a smile, a hello to an unfamiliar face. It can be more in depth such as listening for a moment of your day to someone who needs a shoulder, or a small gift, a flower of appreciation.

Have you ever had a headache or been in so much pain that it effected your happiness, and the way you treated people?

Do you believe it is possible for you to have affected someone's life in a negative way because you were in pain? Do you believe someone else could have done the same thing?

We can say that we choose our own state/mood, we can say that we are responsible for how we see the world, but aren't we also responsible for how we treat each other? Isn't it just easier to help those around you live a happier, healthier life, not only by being kind and loving, but helping them as well.

If you know someone who is in pain, and it affects the way they treat you or others, maybe it is time to help them find a way to get healthier in all aspects of their life!

Don't you believe in the end it is about whether or not we have done all that we can? Whether or not you believe this, help others because it is the right thing to do. That is why WE are here, to help you. We are also here to help your family and your friends, so that the world can be a healthier happier place. Let's leave it better than when we came!