



# *Second Strike*

## **Random Acts of Kindness**

What do you value most about friends? Whatever that is, it is stronger if you offer it first, without waiting to be asked. If we can each add a little bit of that to the people we know, and the people we don't, then we build stronger friendships that last forever.

- 1. Each day do one good thing for someone that they didn't expect.**
- 2. Regularly share your time and your attention with someone you don't know well.**
- 3. Remember that your decisions affect everything around you – you can make life better or worse for people.**
- 4. It is impossible to win a fight. Even if you are stronger or louder you will always lose – because you will lose a friend, or the anger you express will change the person you are, however small that change is. Anger makes a person less fun to be friends with.**
- 5. A kind word and a kind thought can help in any situation. If at first you don't succeed – try, try again!**
- 6.**