Be Nice

It may sound so obvious to be nice, but I think at times we all find ourselves frustrated, upset, or even angry at people. Or maybe just frustrated, upset, or angry at something but we take it out on people. Have you ever been glad that you were mean or unkind to someone, though? The weight that puts on your shoulders stays with you until you apologize and make things right again. So, be nice. You'll never regret it.

It's not just a matter of "not being mean or unkind" though . . . take it one step further. Do good. Hand out compliments. Genuine compliments. Smile. Take flowers to your friend for no reason at all. Uplift those around you. Be a positive part of their day. You'll notice that your own kindness makes you happy as well. Double bonus!