

Laws of Life Essay

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Essay Title: Kindness Makes Me Happy

Essay:

What would our world be without kindness? What if nobody ever held the door open for you? What if the cashiers never said "Have a nice day?" We often take these small acts of kindness for granted, but we don't realize how sad our world would be without them. It seems normal for these small acts of kindness to be done by some people, but what if we all did some? We should all commit to doing random acts of kindness everyday, because even the smallest things can lift someone else's spirits. One act of kindness that is simple and genuine is compliments. Everyone thinks of compliments in their head everyday. Just imagine if every time you thought of a compliment you said it out loud to the person you were thinking about.

Not only does kindness make others happy, but it can make you happier too. Think about the last time you did something nice for someone. It probably made them feel really good, and their gratitude probably made you feel good too. If everyone committed to being kind, our world would be so much happier.

I really only started paying attention to kindness about a year ago, but it has become a really important characteristic to me. I started noticing all the opportunities everyone has everyday to be kind. After that, I realized how happy it made me feel to say thank you to bus drivers and teachers, compliment others, and just being nicer overall. It makes me happy to make others happy. I love seeing people smile when I say or do something nice for them. It has been so eye opening to understand how important kindness is, and I believe that everyone has the chance to accomplish this feeling too. Kindness isn't hard, and it's free. Just think about how if everyone was kind, how happy our world would be.