

# **10 ways to show LOVE & KINDNESS**

(Suggested by Pulse survivors)

1. **Be mindful of the words you say to others and the attitude you display.**
2. **Forget about trying to be perfect!**
3. **Give someone a second chance.**
4. **Ask, "How can I help you?"**
5. **Donate blood.**
6. **Make someone Laugh, and don't underestimate the power of a Smile.**
7. **Pay it forward, show kindness to others, Sometimes it is the smallest of gestures.**
8. **Be a role model or mentor for someone, support can make all the difference.**
9. **Make sure that your motives are pure of heart.**
10. **Stand up for those who have no voice.**

