



Happiness is the new rich.
Inner peace is the new success.
Health is the new wealth.
Kindness is the new cool.
-Syed Balkhi

-What does this quote mean to you?

~In my opinion this quote means that you really just need happiness to get through tough times and that kindness is like the only key to success and happiness!

-Why did you choose this quote?

~I chose this quote because it shows you that kindness is all you need to survive and that you don't really need anything else.

-How can you help spread kindness?

~I think we can help spread kindness by, of course being kind, but also helping others out in tough situations or just in general, you can also try to help someone out if they are in a bad mood just not if they are in a really bad mood.

-Why is it important to spread kindness?

~I think and believe that it's important to spread kindness because it can make a person's day even better without even noticing it.