



Don't let what you cannot do interfere with what you can do
- John Wooden

I chose the quote because when someone tries to do something they can and want to do sometimes the thing you can't do makes the thing you can do hard. This quote says that you should not let the things you cannot do interfere with the things you can do.

It means to find a way past what you can't do to accomplish the things you can do.

I think the way that you can show kindness to humans, nature and animals is to think before you do or say something. To not hurt anyone on the outside and inside and give a helping hand to someone that needs it. Don't make something that someone says make you say something bad to them. Try to ask nicely to anyone that says something bad or does something you don't like to stop and not do it again. If that does not work try to avoid the person and avoid doing something bad when you're mad. When you are nice to someone you get something back for being nice and maybe one person that is nice makes other people happy and try to change any bads they have done before.