INSPIRATION
"Education is the most powerful weapon you can use to change the world." These words from Nelson Mandela not only stirred his country, but they also continue to inspire the world. Inspiration. Pass It On.

HOPE
Her words weren't written under peaceful shade, but under fear for her life. "Everyone has inside, a piece of good news." For two agonizing years she worried about being caught by the Nazis. "The good news is, you don't know how great you can be." Though her story ended early, her words live on. "I don't think of all the misery, but the beauty that still remains." With her positive outlook, Anne Frank continues to fill us with hope. Hope. Pass It On.

HUMOR
Maybe he was born with his witty humor: "Some people bring joy wherever they go. Some people bring joy whenever they go." –Mark Twain Or, as a frontier newspaper reporter: "There's nothing to be learned from a second kick of a mule." –Mark Twain Maybe he got his insights from being a riverboat captain: "Never argue with a fool. Onlookers may not be able to tell the difference." –Mark Twain Wherever he went, Mark Twain found humor all around. Humor. Pass It On.

PERSISTENCE
You've heard it said: "He's a diamond in the rough." or maybe "Diamonds are forever." Here's something else I've learned about diamonds—they're just pieces of coal put under pressure for a long long long time. So, when I start feeling like I want to give up, I think about that little piece of coal. And if that piece of coal can make something of itself by not giving up, so can I. Persistence is in you! From PassItOn.com.

INSPIRATION
Imagine a lady who wouldn't give up her seat on the bus. A TV host who wanted to be your neighbor. Or an inventory whose 10,000 failures didn't stop him. These vivid images all share the same caption: Inspiration. These people just did their best, and they inspire us. Now, what will you do to inspire others? Inspiration is in you. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

FORGIVENESS
Today my bank made a big mistake, but I forgave them. My server spilled water on me, but I forgave him. My toddler drew lipstick on the wall... was I ever mad! It got me thinking... I can forgive my bank and my server, but I'm upset with my own kid? I mean, what's most important here?! So tonight, two of us are doing lipstick art... on paper! Forgiveness is in you. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

CHANCE
Here's my bucket list for the day: Read an article on a new subject. Say only nice things about others and listen to everyone's opinions. Because making things better requires change. Now these changes aren't going to show up on your news feed, but they're things I can do. So change something today. It's not going to change the entire world, but it's going to change your world. Change is in you. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

MAKING A DIFFERENCE
Here's a short quiz: Who won best actress last year? Who won the World Series two years ago? And finally, name your favorite teacher. Now I'm guessing that the last question was the easiest. Why's that? Because that person made a difference in your life. So go ahead—make a difference. Because making a difference is in you. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

GOODNESS
When we use this troubled time to look a little deeper inside ourselves we're going to find goodness that will strengthen our communities. Goodness is in you. Now pass it on. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

GRATITUDE
Gratitude isn't just good for the person being thanked, it does remarkable things to the person who shares it. When gratitude is in your heart the world looks better to all those around us. Gratitude is in you. Now pass it on. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

PULL TOGETHER
In this time of social distancing and staying apart, it's important for us to pull together. Pulling together is doing things for others we should have been doing all along ... but this time, from a distance. Pulling together is in you. Now pass it on. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

SMILE
So many wonder what they can do in this troubled time to help others. The answer maybe simpler than you imagined. Just a smile can make your world and the world around you a much better place. A smile is in you. Now pass it on. This message is a courtesy of The Foundation for a Better Life at Pass It On.com.

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