

# Lift Me<sup>®</sup>



From the author of  
'UP! Your Service'



## You Make a Difference

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RON KAUFMAN



**You Make  
a Difference**

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## Living with meaning



1

Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

**What a splendid perspective on life!**

Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to divine a purpose. From the standpoint of daily life, however, there is one thing we do know: that people are here for the sake of other people.

Albert Einstein

**I am here for you. You are here for me. We are here for others.**

Human contribution is the essential ingredient. It is only in giving oneself to others that we truly live.

Ethel Andrus

**Contributing to others brings value to yourself.**

6

What do we live for, if not to make life less difficult for each other?

George Eliot

**Life can be hard. Help another person take it easy.**

A man wrapped up in himself makes a very small bundle.

Benjamin Franklin

**Be bigger than selfish.**

7

If all human lives depended upon their usefulness, there would be a sudden and terrific mortality in the world.

Gene Tunney

**How can *you* be more useful to others?**

Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.

Dalai Lama

Trees outstrip most people in the extent and depth of their work for the public good.

Sara Ebenreck

**Whom have you helped today? Whom have you hurt?**

**Shelter someone.  
Feed someone.  
Take care of someone.**

It is not enough merely to exist. You must do something more. You must give some time to your fellow man. Even if it's a little thing, do something for those who need help, something for which you get no pay but the privilege of doing it. For you don't live in a world all your own. Your brothers and sisters are here too.

Albert Schweitzer

**To get more meaning from your life, put more *into* it.**

Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, 'What's in it for me?'

Brian Tracy

**'What's in it for you' is revealed when you do things for others.**

We are here to awaken from the illusion of our separateness.

Thich Nhat Hanh

We do not inherit the earth from our ancestors, we borrow it from our children.

Haida saying

When you measure a person, put your tape around the heart – not the head.

Rebecca Kaufman

When a child is born, it cries and the world rejoices. Live your life so that when you die, the world will cry and you will rejoice.

Indian saying

**Think about it: one tiny earth, spinning in the vastness of space. We, on this fragile planet at this shared moment in time, are all connected.**

**Leave this world a better place than when you entered.**

**School tests what's in your head. Life tests what's in your heart.**

**Make yours a life worth living now and worth remembering after.**

The greatest use of life is to spend it for something that will outlast you.

William James

**You can make a lasting contribution to others and to life itself.**

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

Danny Thomas

**You can't take it with you, but you can leave a lot behind.**

You can easily judge the character of a man by how he treats those who can do nothing for him.

Johann Wolfgang von Goethe

**Showering another with respect is cleansing for both parties.**

Our worth is determined by the good deeds we do, rather than by the fine emotions we feel.

Elias Magoon

**Good deeds bring good feelings. Enjoy the double benefit.**



This world will not be a good place for any of us to live in unless we make it a good place for all of us to live in.

Theodore Roosevelt

**Caring for others is also in your best interest.**

There ain't nothing but one thing wrong with every one of us, and that's selfishness.

Will Rogers

**See yourself in something larger: your relationship, your family, your community, your society, your world.**

This is the true joy in life – being used for a purpose recognized by yourself as mighty; being thoroughly worn out before you are thrown on the scrap heap; being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

George Bernard Shaw

**Choose a mighty purpose and let it use you up!**

The purpose of life is not to be happy – but to matter, to be productive, to be useful, to have it make some difference that you have lived at all.

Leo Rosten

**Happiness is not the goal of a good life, but it can be a result.**

Sow good services;  
sweet remembrances  
will grow from them.

Madame de Stael

**Good works plant  
healthy seeds.**

We can tell our values  
by looking at our  
check- book stubs.

Gloria Steinem

**Put your money where  
your meaning is.**

There is one word  
which serves as  
a rule of practice  
for all one's life  
– reciprocity.

Confucius

**What goes around,  
comes around. What are  
you sending around?**

Accept conditions as  
they exist, or accept  
responsibility for  
changing them.

Denis Waitley

**The choice is up to you.**

You can't escape the responsibility of tomorrow by evading it today.

Abraham Lincoln

**Everything you do today will influence tomorrow.**

If you want to make peace, you don't talk to your friends. You talk to your enemies.

Moshe Dayan

**And in so doing, your enemies become your allies, and perhaps one day, your friends.**

Our task must be to embrace all living creatures and the whole of nature and its beauty.

Albert Einstein

**You are part of this world's natural beauty, not separate from it.**

Until he extends the circle of his compassion to all living things, man will not himself find peace.

Albert Schweitzer

**Peace on earth is more than the absence of war.**

Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.

Albert Schweitzer

**We share this earth with all other creatures.**

To us it seems incredible that the Greek philosophers should have delved so deeply into right and wrong, and yet never noticed the immorality of slavery. Perhaps 3000 years from now it will seem equally incredible that we did not notice the absolute immorality of our own oppression of animals.

Brigid Brophy

**Peace among people is only a first step.**

Man is a complex being; he makes deserts bloom and lakes die.

Gil Stern

**Where life is barren, feed it. Where life is thriving, protect it.**

Where your talents and the needs of the world cross, there lies your vocation.

Aristotle

**You can make a living – and a life – doing what you love to do.**

The poor don't know that their function in life is to exercise our generosity.

Jean-Paul Sartre

**Generosity is wealth in action.**

It is more rewarding to watch money change the world than watch it accumulate.

Gloria Steinem

**The rich are those who use their wealth to help others.**

The moment one commits oneself, then providence moves too. All sorts of things occur to help. A whole stream of events issue from the decision, raising in one's favor all manner of incidents and meetings and material assistance which no one could have dreamed would come his or her way.

Johann Wolfgang von Goethe

**Until you commit, the universe sits waiting.**

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

Johann Wolfgang von Goethe

**The book you want to write, the business you mean to launch, the service you intend to render. Whatever you have been thinking, the time to start is now.**

The first step in the evolution of ethics is a sense of solidarity with other human beings.

Albert Schweitzer

**We are all in this world together.**

The objective of the World Game is to make the world work for 100 percent of humanity for all time to come.

R. Buckminster Fuller

**The game has begun and you are a player. Play for all to win!**

It is in the shelter of each other that people live.

Irish proverb

**No one thrives in this world alone. We all need one another.**

Once the game is over, the king and the pawn go back in the same wooden box.

Italian proverb

**Whatever your position in this brief game of life, enjoy it while you are here playing.**

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

Mohandas Gandhi

**There is also an ocean of goodness inside you.**

26

Either men will learn to live like brothers, or they will die like beasts.

Max Lerner

**Let us live well together!**

If we have no peace, it is because we have forgotten that we belong to each other.

Mother Teresa

**Take care of your belongings.**

The best effort of a fine person is felt after we have left their presence.

Ralph Waldo Emerson

**Keep the best of others with you, to cherish, admire and remember.**

27

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising, tempting you to believe your critics are right. To map out a course of action and follow it to an end requires the courage of a soldier. Peace has its victories, but it takes brave men to win them.

Ralph Waldo Emerson

**Have courage. Hold fast to your dreams.**

No one has learned the meaning of life until he has surrendered his ego to the service of fellow men.

Beran Wolfe

**Set your ego aside to set your spirit free.**

If you wish to be a leader you will be frustrated, for very few people wish to be led. If you aim to be a servant you will never be frustrated.

Frank Warren

**The best leaders see themselves as servants.**

We must become the change we wish to see in the world.

Mohandas Gandhi

**Whatever you want to see more of, be more of.**



When you find peace within yourself, you become the kind of person who can live at peace with others.

Peace Pilgrim

A healthy attitude is contagious, but don't wait to catch it from others. Be a carrier.

Anonymous

People who wait for changes to occur on the outside before they commit to making changes on the inside will never make any changes at all.

Anonymous

The first great gift we can bestow on others is a good example.

Thomas Morell

**To find peace in the world, first find peace within yourself.**

**The real fun is spreading it around.**

**Finding something to change is easy. Doing it is the challenge.**

**Nothing is more influential than personal example.**

Light tomorrow with today.

Elizabeth Browning

Not everything that is faced can be changed; but nothing can be changed until it is faced.

James Baldwin

**Good deeds are good seeds.**

**Facing what is, is the first step to changing it.**

We always hear about the haves and the have-nots. Why don't we hear about the doers and the do-nots?

Thomas Sewell

**Maps and signs alone won't get you where you are going. You've got to take a step.**

You'll seldom experience regret for anything that you've done. It is what you haven't done that will torment you.

Wayne Dyer

**Q: What makes a good idea even better?  
A: Taking action on it.**

The great thing in the world is not so much where we stand, as in what direction we are moving.

Oliver Wendell Holmes

**Direction gives life meaning, purpose and values. Aim well.**

When a person is willing and eager, the universe joins in.

Aeschylus

**Everyone likes to support a winner.**

34

There is a magnet in your heart that will attract true friends. That magnet is unselfishness; thinking of others first. When you learn to live for others, they will live for you.

Paramahansa Yogananda

**The best way to reach your goals is to help others reach theirs.**

We all need assistance. Those who sustain others, themselves want to be sustained.

Maurice Hulst

**Those who give must also be open to receive.**

35

When I first open my eyes upon the morning meadows and look out at the beautiful world, I thank the heavens I am alive.

Ralph Waldo Emerson

**This day is for  
miraculous living.  
Enjoy every moment.**

Goodwill is the mightiest practical force in the universe.

Charles Dole

**Put the universe to work.**

He has the right to criticize who has the heart to help.

Abraham Lincoln

**Criticism with love can  
be constructive.**

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

Buddha

**Sharing happiness lets  
your inner light shine  
through.**

If I thought I was going to die tomorrow, I should nevertheless plant a tree today.

Stephan Girard

The victorious count their years; the virtuous count their actions.

Samuel Johnson

The trouble with being in the rat race is that even if you win, you're still a rat.

Lily Tomlin

When you come to a fork in the road, take it.

Yogi Berra

**Leave a legacy of goodness behind you.**

**The most successful are those who act for others – and have stopped counting.**

**Choose your own race to run.**

**Trust life to take you where you need to go.**

A dog in a kennel  
barks at his fleas; a dog  
hunting does not notice  
them.

Chinese proverb

**Be too busy to complain.**

The difference between  
a helping hand and an  
outstretched palm is a  
twist of the wrist.

Laurence Leamer

**So simple. So powerful.  
So easy to do.**

The people who are  
crazy enough to think  
they can change the  
world are the ones  
who do.

Jozef Imrich

**Are you crazy enough to  
make a difference?**

The galleries are full of  
critics. They play no  
ball, they fight no fights.  
They make no mistakes  
because they attempt  
nothing. And yet it  
cannot be truly said they  
make no mistakes,  
because their biggest  
mistake is the very fact  
that they try nothing, do  
nothing, except criticize  
those who do.

David Shoup

**Before you become a  
critic, have you dared  
to act?**

Stop the habit of wishful thinking and start the habit of thoughtful wishes.

Mary Martin

I am a pencil in the hand of God.

Mother Teresa

**Make your wishes worth fulfilling.**

**And so are you. What will you write?**

## Making a difference



2

You can't live a perfect day without doing something for someone who will never be able to repay you.

John Wooden

**Giving enriches your living.**

You give but little when you give only your possessions. It is when you give of yourself that you truly give.

Kahlil Gibran

**Giving yourself means giving time, attention, concern, care and effort.**

The best kind of selfishness is the kind that gets selfish pleasure from helping other people.

Ashleigh Brilliant

**Indulge yourself by indulging others.**

Great opportunities to help others seldom come, but small ones surround us daily.

Sally Koch

**A small good deed can make a big difference.**



Generosity lies less  
in giving much than  
in giving at the right  
moment.

Jean de la Bruyère

**When others need you  
most is when you most  
need to give.**

A bone to the dog is not  
charity. Charity is the  
bone shared with the  
dog, when you are just  
as hungry as the dog.

Jack London

**When you give  
something up, then  
you are truly giving.**

Generosity is not giving  
me that which I need  
more than you do, but it  
is giving me that which  
you need more than I  
do.

Kahlil Gibran

**Being generous involves  
a little pain before  
you feel the wave of  
pleasure.**

Believe in something  
larger than yourself.  
Get involved in the big  
ideas of your time.

Barbara Bush

**Freedom. Independence.  
Health. Abundance.  
Education. Environment.  
Peace.**

If you haven't any charity in your heart, you have the worst kind of heart trouble.

Bob Hope

**Avoid a heart attack by giving back.**

Act as if what you do makes a difference. It does.

William James

**Everything counts.**

If you think you're too small to make a difference, you've never been in bed with a mosquito.

Michelle Walker

**A little spice can make the meal. Don't hold back.**

Whatever you do may seem insignificant to you, but it is most important that you do it.

Mohandas Gandhi

**Insignificant acts become significant when we do them.**

As I started getting rich, I started thinking, 'What the hell am I going to do with all this money?' You have to learn to give.

Ted Turner

**This lesson benefits everyone, most of all the givers.**

50

Are the rich of the world aware of how four billion of the six billion live? If we were aware, we would want to help out, we'd want to get involved.

Bill Gates

**If you are on the planet, you are involved.**

I resolved to stop accumulating and begin the infinitely more serious and difficult task of wise distribution.

Andrew Carnegie

**First you work on getting, then you work on giving.**

51

Service is the very purpose of life, not something you do in your spare time.

Marion Edelman

**It's powerful to live your life on purpose.**

Nothing I can do will change the structure of the universe. But maybe, by raising my voice, I can help the greatest of all causes – goodwill among men and peace on earth.

Albert Einstein

**The game board is determined. What matters is how you play.**

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, for all the people you can...as long as you can.

John Wesley

**And you will live a life as full as you can!**

Think of giving not as a duty but as a privilege.

John D. Rockefeller, Jr.

**The privilege of giving is yours for the taking.**

Believe, when you are most unhappy, that there is something for you to do in the world. So long as you can sweeten another's pain, life is not in vain.

Helen Keller

**Your unhappiness means it's time to help someone else.**

Blessed are those  
who can give without  
remembering and take  
without forgetting.

Elizabeth Bibesco

**When you give, let it all  
go. When you receive,  
let it all in.**

There is no exercise  
better for the heart than  
reaching down and  
lifting people up.

John Holmes

**For a good workout,  
reach out.**

Don't just sit around  
and wait, reach out  
your hand and open  
the gate.

Jacques Thibaut

**Just thinking about  
helping other people  
doesn't help them.**

Never miss an  
opportunity to make  
others happy, even if  
you have to leave them  
alone in order to do it.

Anonymous

**Sometimes you are not  
the answer.**

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

Edward Hale

**You may not be able to take care of the entire garden, but you can pull one weed or plant one seed.**

It is the greatest of all mistakes to do nothing because you can only do little – do what you can.

Sydney Smith

**And when others do what they can, together we can make a big difference.**

If you can't feed a hundred people, then feed just one.

Mother Teresa

**Make a meal for more than you.**

The deed is everything, the glory naught.

Johann Wolfgang von Goethe

**What you do matters. What others think matters less.**

The world and life have been mighty good to me. I want to put something back.

Ted Turner

**How good has life been to you?**

If I give a man a fish then I feed him for a day. If I teach a man to fish then I feed him for life. But if I teach a man to fish responsibly then his village will be fed for generations to come.

Raymond Kao

**Make a contribution to the future.**

A candle loses nothing by lighting another candle.

Erin Majors

**A person only gains by helping another person.**

The best place to find a helping hand is at the end of your own arm.

Swedish proverb

**And the best place to use it is within your reach.**

The truly generous  
is the truly wise. He  
who loves others lives  
blessed.

Homer

**To increase your  
blessings, increase  
your giving.**

60

Love All Serve All.

Hard Rock Café slogan

**The Hard Rock Café  
makes good meals.  
Makes good sense, too.**

The person who does  
things that count  
doesn't usually stop to  
count them.

Anonymous

**Be too busy making a  
difference to measure  
the difference you make.**

61

Never doubt that a small  
group of thoughtful,  
committed people  
can change the world.  
Indeed, it is the only  
thing that ever has.

Margaret Mead

**The only thing more  
powerful than a  
committed individual  
is a team of committed  
individuals working  
together.**



Our problems are man-made, therefore they may be solved by man. No problem of human destiny is beyond human beings.

John F. Kennedy

**See a problem? Be part of the solution.**

62

Here is a test to find out whether your mission in life is complete. If you're alive, it isn't.

Richard Bach

**What mission are you on?**

A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.

Albert Einstein

**How much have you received? How much have you given back?**

63

The most infectiously joyous men and women are those who forget themselves in thinking about others and serving others.

Robert McCracken

**Enjoy yourself in the service of others.**

I can't do all the good  
the world needs, but  
the world needs all the  
good I can do.

Jana Stansfield

You can help others  
in the world more by  
making the most of  
yourself than in any  
other way.

Earl Nightingale

**You were put on this  
earth with unique talents  
and purpose. Make them  
come alive.**

**Do all the good you can.**

Let us not be content to  
wait and see what will  
happen, but give us the  
determination to make  
the right things happen.

Peter Marshall

**If everyone waits,  
nothing happens.**

I just wake up and say,  
'You're a bum, go do  
something worthwhile  
today.'

Garth Brooks

**Prod yourself into action.**

The time is always right  
to do what is right.

Martin Luther King, Jr.

In truth, people can  
generally make time  
for what they choose to  
do; it is not really the  
time but the will that is  
lacking.

John Lubbock

**And the time is never  
right to do something  
you know is wrong.**

66

**When you make the  
right choice, you will  
make enough time.**

It is every man's  
obligation to put back  
into the world at least  
the equivalent of what  
he takes out of it.

Albert Einstein

**Leave this place better  
than you found it.**

No one has ever  
become poor by giving.

Anne Frank

**Giving leads to riches.**

67

Charity begins at home  
and justice begins next  
door.

Charles Dickens

Giving presents is a  
talent; to know what a  
person wants, to know  
when and how to get it,  
to give it lovingly and  
well. Unless a person  
possesses this talent  
there is no moment  
more annihilating to  
ease than that in which  
a present is given and  
received.

Pamela Glenconner

**Opportunities to do  
good in the world are  
always close at hand.**

**Give with joy and love.  
Receive with grace and  
pleasure.**

Money is like manure;  
it's not worth a thing  
unless it's spread  
around encouraging  
young things to grow.

Thornton Wilder

**Don't hoard it in,  
hand it out.**

Generosity during life  
is a very different thing  
from generosity in  
the hour of death; one  
proceeds from genuine  
liberality and bene-  
volence, the other from  
pride or fear.

Horace Mann

**Give when life is full and  
sweet. Let go when it  
knocks you off your feet.**

None of us has gotten where we are solely by pulling ourselves up by our own bootstraps. We got here because somebody bent down and helped us.

Thurgood Marshall

**Who helped you? Whom are you helping?**

70

If you're too busy to give your neighbor a helping hand, then you're just too darned busy.

Marie Freeman

**Allowing space in your life allows space in your life.**

There is no higher religion than human service. To work for the common good is the greatest creed.

Woodrow Wilson

**To work for the common good is the highest teaching.**

71

How wonderful it is that nobody need wait a single moment before starting to improve the world.

Anne Frank

**You don't need anyone else's permission to do good in the world.**

When a person is down in the world, an ounce of help is better than a pound of preaching.

Edward Bulwer-Lytton

**Doing is more powerful than describing.**

72

We can't help everyone, but everyone can help someone.

Loretta Scott

**Whom can you help?**

A good objective of leadership is to help those who are doing poorly to do well, and to help those who are doing well to do even better.

Jim Rohn

**There is always room to grow.**

73

Time and money spent helping people do more for themselves is far better than mere giving.

Henry Ford

**People live better (and give better) when they stand on their own two feet.**

It's easy to make a dollar. It's a lot tougher to make a difference.

Tom Brokaw

I do not give lectures on a little charity. When I give, I give myself.

Walt Whitman

Real unselfishness consists of sharing the interests of others.

George Santayana

If someone doesn't have a smile, I'll give them one of mine.

Sam Walton

**Are you willing to do the tougher work?**

74

**You are the greatest gift you can give. Give generously.**

**Do you care about what other people care about?**

75

**Don't wait for other people to be friendly: show them how.**

Life is short, but there is always time for courtesy.

Ralph Waldo Emerson

The only people with whom you should try to get even are those who have helped you.

John Southard

The greatest good you can do for another is not just to share your riches but to reveal to him his own.

Benjamin Disraeli

Real charity doesn't care if it's tax-deductible or not.

Dan Bennett

**It only takes a moment.**

76

**The most successful student surpasses the teacher. And the teacher is delighted.**

**Be a mirror for the magnificence of others.**

77

**The payoff is in the person, not the pocket.**



Wherever a man turns,  
he can find someone  
who needs him.

Albert Schweitzer

It is not easy to find  
happiness in ourselves,  
and it is not possible to  
find it elsewhere.

Agnes Repplier

Dare to reach your hand  
into the darkness, to  
pull another hand  
into the light.

Norman Rice

Sometimes a man  
imagines that he will  
lose himself if he  
gives himself, and  
keep himself if he  
hides himself. But the  
contrary takes place  
with terrible exactitude.

Ernest Hello

**People cannot survive  
without other people.  
People only thrive with  
other people.**

78

**Ultimately, your  
happiness is your  
responsibility.**

**Go where there is  
sorrow and bring hope.  
Go where there is pain  
and bring love.**

79

**When you give well,  
you live well.**

Bread for myself is  
a material question.  
Bread for my neighbour  
is a spiritual one.

Nicholas Berdyaev

The work an unknown  
good person has done  
is like a vein of water  
flowing hidden under-  
ground, secretly making  
the ground green.

Thomas Carlyle

**When you think of  
others, you open a  
window to your soul.  
When you act for others,  
you open a door.**

80

**Your hidden service  
can also be your most  
fulfilling.**

If you have time to  
whine and complain  
about something then  
you have the time to do  
something about it.

Anthony D'Angelo

**Complaining doesn't  
make a difference.  
Action does.**

81

My piece of bread only  
belongs to me when I  
know that everyone else  
has a share, and that no  
one starves while I eat.

Leo Tolstoy

**We share responsibility  
for each other.**

Do not wait for leaders;  
do it alone, person-to-  
person.

Mother Teresa

One of the great move-  
ments among educated  
people is the need to  
commit themselves to  
action. Most people are  
not satisfied with only  
giving money; we also  
feel the need to work.

Peter Drucker

**Do what you can.  
Do it now.**

**Giving your time and  
effort can mean more  
than giving your money.**

I don't think you ever  
stop giving. I really  
don't. I think it's an  
on-going process. And  
it's not just about being  
able to write a check.  
It's being able to touch  
somebody's life.

Oprah Winfrey

**Whether you touch one  
or many is not important.  
How you touch them is.**

What material success  
does is provide you with  
the ability to concentrate  
on other things that  
really matter.

Oprah Winfrey

**The greatest reward of  
material success is a  
greater ability to make  
an important difference  
in the lives of others.**

There are two ways of spreading light: to be the candle or the mirror that reflects it.

Edith Wharton

**Sharing something good is as valuable as doing something good.**

Laughter is addictive and contagious. Once it starts, it's very difficult to stop.

Robert Holden

**Laughter is a condition worth catching.**

## Gestures of kindness



3

Let no one ever come to you without going away better and happier. Be the living expression of kindness: kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting. Give them not only your care, but also your heart.

Mother Teresa

**Happiness multiplies when you leave people happy.**

You can stand tall without standing on someone. You can be a victor without having victims.

Harriet Woods

**Your gestures of kindness to others are the highest summits on which to stand.**

A word of kindness is seldom spoken in vain, while witty sayings are as easily lost as pearls slipping from a broken string.

George Prentice

**Kind words have 'staying power'. Remember those spoken to you?**

You have it in your power to increase this world's happiness now. How? By giving a few words of sincere appreciation to someone lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them for a lifetime.

Dale Carnegie

**Words of appreciation are a precious gift. Easy to give, and to receive.**

I expect to pass through  
this world but once.  
Any good therefore that  
I can do, or any kind-  
ness I can show to any  
fellow creature, let me  
do it now. Let me not  
defer it or neglect it, for  
I shall not pass this way  
again.

William Penn

**Life is a short yet  
beautiful journey.  
Make the most of it!**

It's your unlimited  
power to care and  
love that can make the  
biggest difference in the  
quality of your life.

Anthony Robbins

**You've got the power.  
Use it!**

It's not how much we  
give, but how much  
love we put into giving.

Mother Teresa

**You can't count it,  
but you can feel it.**

Life is mostly froth and  
bubbles,  
Two things stand like  
stone,  
Kindness in another's  
trouble,  
Courage in your own.

Adam Gordon

**Be courageous. Be kind.**

No act of kindness, no matter how small, is ever wasted.

Aesop

**Kindness accumulates over a lifetime. Every little bit counts.**

There's no use doing a kindness if you do it a day too late.

Charles Kingsley

**When you feel the moment, take the action. Don't hold back.**

You can never do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

**Moments in which you can make a difference are fragile and fleeting. Don't miss them.**

There is no difficulty enough love will not conquer, no disease enough love will not heal, no door enough love will not open, no sin enough love will not redeem. It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake. Sufficient love will dissolve it all.

Emmet Fox

**Love conquers all.**

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.

**When love appears, hatred disappears.**

If someone were to pay you ten cents for every kind word you ever spoke, and collect five cents for every unkind word, would you be rich or poor?

Rebecca Kaufman

**How much can you increase your account today?**

Love is the only way each can help the other.

Euripides

**Love is the most precious gift of all.**

Wherever there is a human being, there is a chance for kindness.

Seneca

**This is a wager you're sure to win. Go ahead. Take the chance!**



Kindness is in our power, even when fondness is not.

Samuel Johnson

**You don't have to like someone to be nice to them. But after being nice to someone, you may find you like them.**

There is no duty more obligatory than the repayment of kindness.

Cicero

**Your repayment need not be to the one who was kind to you. Being kind to any other also completes the task.**

I have never met a person whose greatest need was anything other than unconditional love. There is no mistaking love. You feel it in your heart. It is the common fibre of life, the flame that heals our soul, energizes our spirit and supplies passion to our lives. It is our connection to God and to each other.

Elisabeth Kübler-Ross

**When you are not sure what to give, give love. When you are sure what to give, give more love.**

Pleasure is reciprocal; no one feels it who does not at the same time give it. To be pleased, one must please.

Lord Chesterfield

**To feel good, do good.**

Great persons are able to do great kindnesses.

Miguel de Cervantes

Kindness is the golden chain by which society is bound together.

Johann Wolfgang von Goethe

Kindness is gladdening the hearts of those who are traveling the dark journey with us.

Henri-Frédéric Amiel

Kindness gives birth to kindness.

Sophocles

**What would be the greatest kindness you could do? And when will you do it?**

**You are one link and I am another. Let's keep our linkage strong.**

**Your kindness is especially precious for those who are passing through a dark phase in their lives.**

**Kindness keeps multiplying!**

When you are kind to others, it not only changes you, it changes the world.

Harold Kushner

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.

Kahlil Gibran

**Kindness is a seed. Never underestimate what may grow from your small gestures.**

98

**As you become kinder, you become stronger.**

Everyone is human. Everyone has feelings.

Brighten Kaufman

**Everyone appreciates a friend.**

99

You can accomplish by kindness what you cannot by force.

Pubilius Syrus

**Kindness can move people in ways that force never will.**

Kindness is the sunshine  
in which virtue grows.

Robert Ingersoll

There is no beautifier of  
complexion, or form, or  
behavior, like the wish  
to scatter joy and not  
pain around us.

Ralph Waldo Emerson

**Kindness has its own  
strong power.**

100

**When you are happy  
you are smart; you look  
good, too!**

Kind words do not  
cost much. Yet they  
accomplish much.

Blaise Pascal

**Kind words can do  
magic, and magic is  
often free.**

101

To cultivate kindness  
is a valuable part of the  
business of life.

Samuel Johnson

**Kind living is fulfilling.**

If instead of a gem,  
or even a flower, we  
should cast the gift of a  
loving thought into the  
heart of a friend, that  
would be giving as the  
angels give.

George MacDonald

**The angels don't need  
physical form in order  
to send a blessing.  
Neither do you.**

A hug is a great gift  
– one size fits all, and  
it's easy to exchange.

Anonymous

**A hug is the surest  
way to close the gap  
between two hearts.**

A good character is the  
best tombstone. Those  
who loved you and  
were helped by you will  
remember you when  
forget-me-nots have  
withered. Carve your  
name on hearts, not on  
marble.

Charles Spurgeon

**Good deeds are more  
enduring than good  
deals. Make meaning,  
not just money.**

A hammer sometimes  
misses its mark – a  
bouquet never.

Monta Crane

**Sometimes a soft touch  
is much stronger.**

A kind word is like a  
spring day.

Russian proverb

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

**When someone stands tottering at the edge, it takes only a whisper to pull them back to safety.**

**Let the flowers bloom.**

I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.

Mother Teresa

**Love others right through your judgements and misconceptions. Love yourself that way, too.**

We can do no great things, only small things with great love.

Mother Teresa

**Pour your love into everything you do.**

If you have much, give your wealth; if you have little, give your heart.

Arabian proverb

There are many in the world who are dying for a piece of bread, but there are many more dying for a little love.

Mother Teresa

**A thank you note, a smile, a compliment, a hug. The simple heart has a lot to give.**

**Feed someone with your attention and affection.**

It is literally true that you can succeed best and quickest by helping others to succeed.

Napoleon Hill

**The success of others is the pathway to your own.**

Rivers do not drink their own water. Trees do not eat their own fruit. Clouds do not swallow their own rain. What great ones have is always for the benefit of others.

Hindu proverb

**Who are the great ones in your life? In whose life can you greatly give?**

Praise out of reason, or not tactfully bestowed, can freeze the heart as much as blame.

Pearl Buck

**Putting someone on a pedestal too high can put them out of touch.**

The question is not what man can scorn, or disparage, or find fault with, but what he can love, and value, and appreciate.

John Ruskin

**Focus on what's good and right.**

To be civilized is to be incapable of giving unnecessary offense, it is to have some quality of consideration for all who cross our path.

Agnes Repplier

**With billions on the planet, only a few will cross your path. That makes each one special. Including you!**

Forgiveness is the act of admitting we are like other people.

Christina Baldwin

**Take full responsibility for being fully human.**





4

**Giving and receiving**

We are rich only  
through what we give,  
and poor only through  
what we refuse.

Anne-Sophie Swetchine

Help others achieve  
their dreams and you  
will achieve yours.

Les Brown

**Give much. Refuse little.**

**Your dreams are  
connected to those of  
others. Let them all  
come true.**

Being considerate towards others will bring increased happiness to you.

Grenville Kleiser

He who does not live in some degree for others, hardly lives for himself.

Michel de Montaigne

We cannot hold a torch to light another's path without brightening our own.

Ben Sweetland

Happiness is achieved by making others happy.

Stuart Cloete

**Being nice to other people is nice for you, too.**

112

**Helping others helps yourself.**

**Whose path will you brighten today?**

113

**To make your day, make their day.**

Unless we give part of ourselves away, unless we can live with other people and understand them and help them, we are missing the most essential part of our own lives.

Harold Taylor

**Cherish those who cherish you.**

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, 'Yes! This is how I ought to feel.'

Harold Kushner

**When you brighten up the world, you brighten your experience of life.**

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

Dalai Lama

**Living with compassion takes practice. You must create it over and over again.**

If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself.

A. Neilen

**Do it today: smile at someone before they smile at you. Offer to listen, and then do so. Wish someone good luck, and mean it.**

Discipline yourself to do what you know is right and important. Although difficult, it is the high road to pride, self-esteem, and personal satisfaction.

Brian Tracy

**Self-discipline is never easy in the beginning. Later, it's too rewarding to let go.**

The quality of life depends on what society gives to individuals and equally what those individuals give back.

Bernie Slepko

**From those to whom much is given, much is expected.**

If you always give, you will always have.

Chinese proverb

**Giving to others creates a vacuum which nature can only fill by giving more to you.**

The more we give of anything, the more we shall get back.

Grace Spere

**Want money? Help others make it. Want peace? Help others achieve it. Want love? Help others experience it. To get whatever you want, give it.**

You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich person.

Seth Parker

**Serving others accumulates in your account.**

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

Barbara De Angelis

**Bless and be blessed.**

Life becomes harder for us when we live for others, but it also becomes richer and happier.

Albert Schweitzer

**The happiest person is not the one with the least amount to do.**

For attractive lips, speak words of kindness.

Audrey Hepburn

**The most proven cosmetic to make you attractive: kind words. (And they're free!)**

Whoever renders service to many puts himself in line for greatness – great wealth, great return, great satisfaction, great reputation, and great joy.

Jim Rohn

**No one achieves greatness in splendid isolation.**

It is a wonderful law of nature that the three things we crave most in life – happiness, freedom, and peace of mind – are attained by giving them to someone else.

Peyton March

**The Law of Gravity:  
what goes up,  
must come down.  
The Law of Life:  
what you send out,  
must come back.**

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

Danny Thomas

**To make yourself worth a lot, make yourself worthwhile.**

In helping others, we shall help ourselves, for whatever we give out completes the circle and comes back to us.

Flora Edwards

**The earth is always revolving. So is your life.**

My satisfaction comes from my commitment to advancing a better world.

Faye Wattleton

The more credit you give away, the more will come back to you. The more you help others, the more they will want to help you.

Brian Tracy

**The world can be a better place if *you* do something about it.**

122

**On your next birthday, thank your mother and father. They did the hard work, not you.**

If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.

Chinese proverb

**If you want happiness beyond your lifetime, inspire somebody to help somebody else.**

123

Kindness is never wasted. If it has no effect on the recipient, at least it benefits the bestower.

Susan Simmons

**Being kind is always rewarding.**

If you're not to be forgotten, when you're dead and rotten, write something worth reading, or do something worth the writing.

Benjamin Franklin

**Be alive when you are gone in your words and in your deeds.**

How far that little candle throws his beams! So shines a good deed in a naughty world!

William Shakespeare

**The world is full of mischief and mayhem, yet also of goodwill and good deeds. Choose which side you are on.**

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love.

William Wordsworth

**Unremembered by himself, perhaps, but cherished by others.**

If you do a good job for others, you heal yourself at the same time. A dose of joy is a spiritual cure. It transcends all barriers.

Ed Sullivan

**A dose of joy is soothing to the giver and receiver.**



He who helps in the saving of others, saves himself as well.

Hartmann von Aue

Those who bring sunshine into the lives of others cannot keep it from themselves.

J.M. Barrie

**Real security comes from making others more secure.**

**Barrie's 'Peter Pan' brought magic into the lives of children, and kept his own life young.**

126

Whatever good things we build end up building us.

Jim Rohn

**What you do makes you who you are.**

We grow by receiving love. Others are our nutriment.

William Channing

**Plants need air. Animals need food. Humans need love.**

127

People who serve and feel good, and those who are served and feel good, don't go to war.

Arthur Kaufman

**A society at peace is a society in service.**

The best way to find yourself is to lose yourself in the service of others.

Mohandas Gandhi

**When you stop focusing on yourself, a better you appears.**

Consciously or unconsciously, every one of us does render some service or other. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger and we will make not only our own happiness, but that of the world.

Mohandas Gandhi

**Serve intentionally, deliberately, generously.**

When you do nothing, you may feel overwhelmed and powerless. But when you get involved, you can feel the sense of hope and accomplishment that comes from knowing you are working to make things better.

Pauline Kezer

**Do nothing and suffer, or do something and rejoice.**

Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others.

Barbara Bush

**Giving to others takes you pleasantly out of your mind.**

I have found that among its other benefits, giving liberates the soul of the giver.

Maya Angelou

**Giving is the key to set your soul free.**

Help yourself, and the universe will help you.

Jean de la Fontaine

**When you are able to depend upon yourself, you become more dependable for others.**

The duty of helping one's self in the highest sense involves the helping of one's neighbors.

Samuel Smiles

**To help yourself, turn to your neighbor and ask, 'How may I help you?'**

A kind and compassionate act is often its own reward.

William Bennett

**In the moment of giving you receive. The action *and* the reward are yours.**

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in your life you will have been all of these.

George Washington Carver

**When those days come, may you enjoy the generosity of others.**

The more sympathy you give, the less you need.

Malcolm Forbes

**Those who can't be sympathetic need it the most.**

Something that has always puzzled me all my life is why, when I am in special need of help, the good deed is usually done by somebody on whom I have no claim.

William Feather

**We are all connected. The good you do for someone else always counts.**

It is not true that nice guys finish last. Nice guys are winners before the game ever starts.

Addison Walker

**So play to enjoy the game. *That's* winning!**

There are two kinds of people in the world: the Givers and the Takers. The difference between the two is that the Takers eat well in the day, and the Givers sleep well at night.

Joy Mills

**The choice is yours!  
(Sweet dreams.)**

The fragrance always stays in the hand that gives the rose.

Hada Bejar

**Giving joy makes your life joyful. Giving love makes your life loving. Giving time makes your life precious. Giving money makes your life rich. Giving yourself makes your life fulfilling.**

Every action in our lives touches on some chord that will vibrate in eternity.

Edwin Chapin

**Play on forever,  
sweet music!**

Thank you for choosing, reading and sharing this book. Among 512 positive quotes, notes and anecdotes, this is one of my favorites:

Those who bring sunshine into the lives of others cannot keep it from themselves.

– J.M. Barrie

Which is *your* favorite? Who will you share it with?  
Whose world can you brighten with sunshine today?

Wishing you a magnificent day!

A handwritten signature in blue ink that reads "Ron Lukman". The signature is fluid and cursive, with a long, sweeping tail on the final letter.



**You Make a Difference**

**RON KAUFMAN**

# Challenging quotes and encouraging notes to move you into action!

*The privilege of giving is yours for the taking.*



Ron Kaufman is the author and founder of UP! Your Service.® He is one of the world's most sought-after educators and thought-leaders for uplifting service and building service cultures.

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