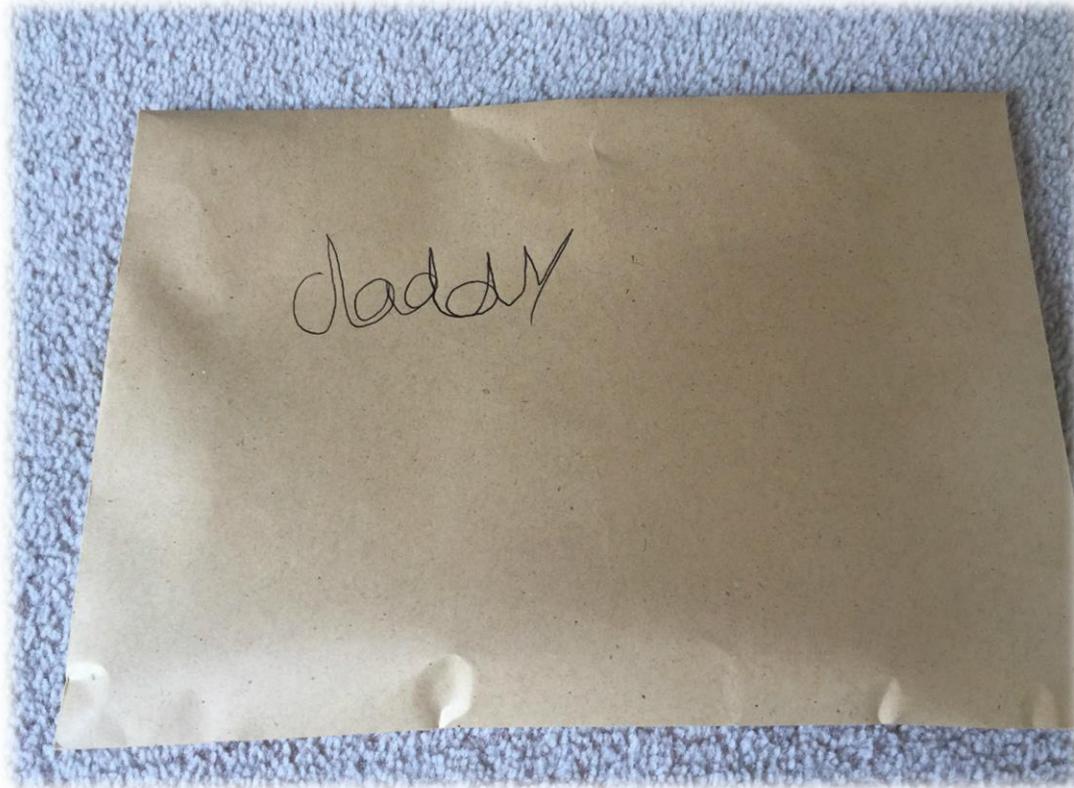


Spring

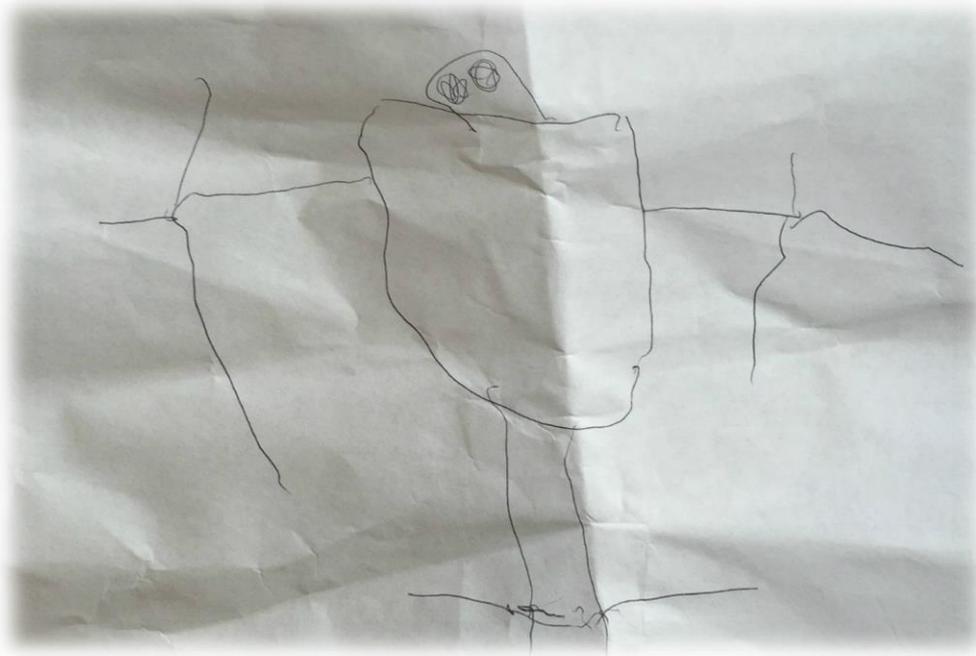
Reflections on Spring and Fresh Starts



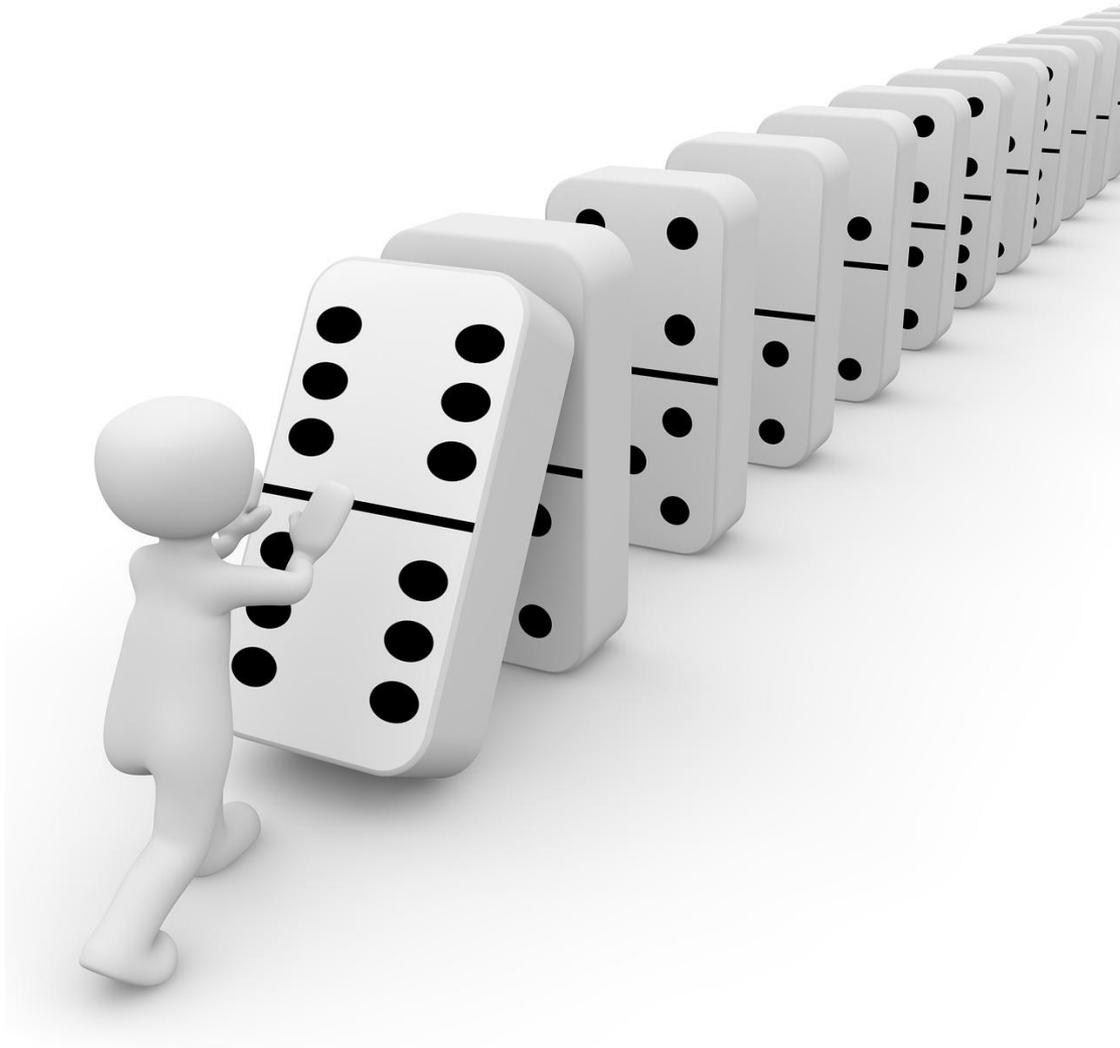
Random Acts of Kindness



Random Acts of Kindness



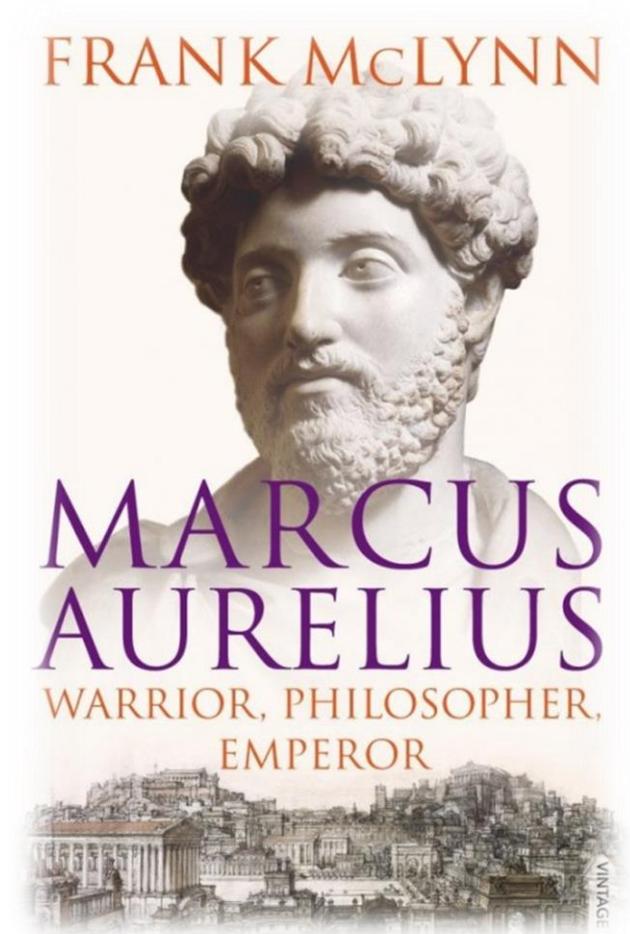
Domino Effect





Marcus Aurelius was Roman Emperor from 161 to 180 AD

**If it's not right, don't do it
If it's not true, don't say it**



Before you speak:

Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

Jonny Benjamin. In 2007, aged just 20

