



## Spread the Love Challenge!

Kindness. Is it contagious? What if we lived each day with the purpose of making a difference in someone's life? Would it be contagious? Could we start a domino effect of spreading peace, love and kindness within our communities? I believe it will.

Calling all GFWC Georgia women! I'd like for all of us to consider participating in a Spread the Love Challenge throughout the summer. Each week, ask your club to challenge your members and facebook friends to do ONE RANDOM ACT OF KINDNESS that week. Each week post a Random Act of Kindness on facebook and encourage your followers to consider putting it into action. Some challenges should be easy and some should force your followers to dig a little deeper. Whether you choose to participate in the challenge that week or choose your own random act of kindness, what's important is that we attempt to find ways to spread love and kindness in the communities we live in.

The world can be a crazy place to live in, and it's important to realize that the way we react to the world around us is something we can pass on to the next generations to come. Children are keen observers. They watch us, listen to our interactions, and have the ability to detect the differences between their parents' words and their actions. As adults, we demonstrate through our actions who we are, what we believe, and what is important to us. Our core values are revealed; not just through the philanthropic passions we pursue but in how we treat others. Therefore, we need to teach the next generation to not only be active in the world around them but to always ACT out of love. We have the power to change the world – one child at a time and one project at a time.

We're not going to end war or poverty, but little random acts of kindness can make a big difference. It only takes a minute of effort on your part, but it can have lasting results for the people around us – people we may never see again, but who will remember the gesture and some will even pass it on.

So please consider taking this challenge by posting one Random Act of Kindness each week to your followers, and encourage others to do the same. Let's start that domino effect of kindness! For those of us who have smart phones – there are a few apps that will actually send you a note on your phone each day with a Random Act of Kindness. Search for random acts of kindness – I like ACT – Be the Change, this app sends me a note each day to complete an act of kindness. Encourage your kids and grandkids to download the app or follow your facebook throughout the summer and do at least One Random Act of Kindness each week. This might be a great way to attract new members too!

Smile, be kind, spread the love and enjoy your summer!

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