

Making a Difference is as easy as A B C....

A – Aware – Be aware of your surroundings. Many people that you pass by are hurting and your bright smile will probably bring them peace, joy and hope.

B – Believe – Believe that no matter how small your gift or act of joy is that it matters and it makes a difference.

C – Cheerful – Your attitude is contagious, so make sure you are cheerful today!

D – Delight – Delight in the joy and success of others. There are so many negative things that we face each day which makes this gift is priceless

E – Encourage – This is the easiest way to make a difference. No special talent needed, anyone of any financial level or position can do this.

F – Find – FIND the resources that you have. Making a difference doesn't have to break the bank. You've got what you need right where you are.

G – Goals – Set goals for making a difference. Decide that you'll do one or two things a day. Choose to trade a coffee, manicure or lunch and donate those funds to a charity, like Spreading Joy.

H – Hear – Your family, friends and those you work with are speaking about their likes, dislikes and troubles. Hear what they are saying and act on it.

I – Ignore – Ignore those negative feelings that try to convince you that you are not making a difference. Every single act of JOY you do for someone is making a difference.

K – Kindness – Kindness matters to everyone. Sprinkle a little bit everywhere you go!

L – Laugh – Laughter is the best medicine. Find things to laugh about and share!

M – More – Do a little more today for others, than you did yesterday.

N – Notes – Send out note cards and letters telling someone – THANK you for making a difference in my life! Leave sticky notes of encouragement where your friends, family or co-workers can find them.

O – Outstanding – Tell someone what an outstanding job they've done. Your cashier, your bank teller, your husband/wife and child!

P – Passionate – Be passionate about what you do. The joy you feel will be undeniable and others will want to follow suit.

Q – Quality – Do your best, give your best and know that in doing so you'll enhance the quality of your life.

R – Remember – Remember that you matter and you are unique...just like everyone else.

S – Speak – Say it today! Don't wait. Speak your heart to those special people in your life.

T – Thanksgiving – Don't just practice an attitude of gratitude during one month a year. Thanksgiving is something we should be doing each day.

U – Useful – Help someone. Don't just hope that someone else will do it, YOU do it.

V – Valuable – What is valuable to you? Things, stuff or money? Try valuing respect, honor, truth and love more. Priceless gifts.

W – Whimsy – Add a little whimsy to your day and to those around you. The fun sprinkled through your day will widen the already existent smile!

X – Xcuse me? – Don't tell me you can't make a difference! Everyone can! Here are 50 ways to do so without spending a penny – AND – if that isn't enough, here are ANOTHER 50 ways!

Y – Yourself – Fearlessly be YOURSELF. You are amazing and we need you to be you.

Z – Zany – Be a little zany, silly and carefree. Be positive and run the negativity out! Enjoy each moment and let your heart smile!

For more ideas and words of encouragement, please visit our site www.spreading-joy.org