"Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones." ~ Benjamin Franklin

"Motivation is what gets you started. Habit is what keeps you going." – Jim Rohn

"If your habits don't line up with your dream, then you need to either change your habits or your dream."

~ John Maxwell

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

~ Dalai Lama

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

"Too often we underestimate the power of 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 we give cheerfully and accept gratefully, everyone is blessed."

~ Maya Angelou

"I find the best way to love someone is not to change them, but instead, help them reveal the greatest version of themselves."

~ Steve Maraboli

"We only have what we give."

~ Isabel Allende

"It only takes a split second to smile and forget, yet to someone that needed it, it can last a lifetime."

~ Steve Maraboli

"True compassion is more than flinging a coin to a beggar; it comes to see that an edifice which produces beggars needs restructuring."

~ Dr. Martin Luther King Jr.

"Love is our most unifying and empowering common spiritual denominator. The more we ignore its potential to bring greater balance and deeper meaning to human existence, the more likely we are to continue to define history as one long inglorious record of man's inhumanity to man."

~ Aberjhani

"Compassion is an action word with no boundaries."

~ Prince