

Cheat sheet for everyday life.

Most of the test is small, public and over in five seconds.

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Move in the first five seconds.

When you see someone struggling (bags, a stroller, lost, crying), you have about five seconds before the moment passes. Go.

SAY "Can I help with that?"

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Pay for a stranger and leave.

Coffee, a meal, a bus fare. Be gone before they can thank you. Nothing comes back. That is the point.

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Be the paramedic.

If someone is hurt in public, go toward them, call for help and stay until help arrives. Don't ask about the crime, the person or your training.

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Return what isn't yours.

The wallet, the phone, the extra change. Leave a note: "Found by someone who hoped you would get this back."

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Let the other person finish.

With someone you disagree with, repeat back what they said before you answer.

SAY "So what you're saying is..."

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Treat the one who can do nothing for you like the one who can.

The waiter, the janitor, the intern, the stranger. Same voice, same eye contact, same patience.

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Do one kindness a day that nobody sees.

Then notice what it does to your heart. That lift is the sign it was never for nothing.

IF YOU ONLY DO ONE THING THIS WEEK

One kindness a day that nobody sees.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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