



Kindness Inspirational Quotes #110-126

Black History Month

February 1-3

- 110. "How do we change the world? One random act of kindness at a time." -Morgan Freeman
- 111. "Try to be a rainbow in someone else's cloud." -Maya Angelou
- 112. "The time is always right to do what is right." -Dr. Martin L. King Jr.

February 6-10

- 113. "If you want to lift yourself up, lift up someone else." — Booker T. Washington
- 114. "You have to have the capacity and the ability to take what people did, and how they did it, and forgive them and move on." – Congressman John Lewis
- 115. "Always show more kindness than seems necessary because the person receiving it needs it more than you will ever know." -Colin Powell
- 116. "Life is a reciprocal exchange. To move forward you have to give back." -Oprah Winfrey
- 117. "Qualities like kindness and compassion, honesty, hard work-they often matter more than technical skills or know-how." -President Barack Obama

February 13-16

- 118. "The service to others is the rent you pay for your room here on earth." -Muhammad Ali
- 119. "The greatness of a community is most accurately measured by the compassionate actions of its members."- Coretta Scott King
- 120. "Let's choose empathy. Now more than ever because kindness cost nothing at all. It only gives." -Chadwick Boseman
- 121. "At the end of the day, it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back." – Denzel Washington

February 22-24

122. "You cannot be one hand dedicated to peace and on the other dedicated to violence. Those two things are irreconcilable." -Condoleezza Rice

123. "There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return."- Nelson Mandela

124. "We must absolutely take care of one another."- Ruby Bridges

February 27-28

125. "In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute." - Thurgood Marshall

126. "There is always light, if only we're brave enough to see it. If only we're brave enough to be it." -Amanda Gorman