

Light up Lives

The moment I changed my mindset to a kindset
It reset my vision
It only takes a moment
To make the decision
There are three important questions
That have helped me find the best me I can be,
How can I be kind to self?
How can I be kind to others?
And how can I be kind to the planet?
This change of thinking is revolutionary
When you truly understand it,
Lighting up lives is a gift that comes free,
Let your smile be the switch
And kindness your energy,
Glow bright
Beam light
Let your days become electric,
Once the shadow is sparked
You will never forget this,
The biggest battle you can have goes on inside your own mind,
But the strongest weapon you own is the ability to be kind,
So, March on, believe .. have a stride in your step,
March on, be strong, leave nothing to regret,
March on, learn to love like you've never loved before,
You never have to feel alone in your journey anymore.
So put down your weapons, let go of that hurt in your eyes,
It's time to try kindness and Light up your Lives.
I choose kindness and so can you!
If we all choose kindness imagine what we can do!
It's a choice you can make RIGHT NOW as quick as a spark.
Let the light shine through you together we can keep out the dark.

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