



A CHECK-LIST OF 7 IDEAS TO HELP US TO LIVE CIVIL-ISATION

1. **SMILE** ~ whenever possible but particularly to a stranger. ✓
2. **LISTEN** ~ when you might be tempted to ignore someone. ✓
3. **AGREE** ~ if possible, with someone you don't very often. ✓
4. **SHOW TRUST** ~ especially to someone you'd rather judge. ✓
5. **COMPLIMENT** ~ someone you genuinely feel deserves it. ✓
6. **ADMIT SOMETHING** ~ perhaps where you were wrong. ✓
7. **COMMIT RANDOM ACTS OF KINDNESS** ~ anywhere. ✓