A Little Bit Of kindness

One cannot hear "I love you" enough,

especially among the family unit.

Some find it quite comfortable

while others feel awkward saying it.

Some show their love by the things

they do, not by what they say.

Sometimes "actions speak louder

than words" on any given day.

Some assume that their love

ones already know how they feel.

No need to express it, perhaps they don't

know how, sometimes hearts are sealed.

There is much to be said about

building someone's self-esteem.

These words may not be important to some,

yet many are waiting to hear them it seems.

And can you imagine how a stranger would

feel with a little bit of kindness from you.

They just might be having a bad

day and your kindness will do.

So say or do something positive to those

 around you, straight from the heart.

You don't have to wait for

 Valentine's Day, to start.

Written By Frances Berumen 2/13/15 <><

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