

# HAPPINESS RECIPECARDS

## Secret Acts of Kindness

*Saying "Thank you" is a wonderful act of closure that lets other people know that they made you happy. When you make people truly happy with a gift or an action, they long to thank you in reciprocation.*

*But what if you take away their ability to thank you? What if you are anonymous or runaway before thanks can be given?*

*The desire to reciprocate is still there, bubbling inside, needing to come out. If they can't say "Thank You", that joy that they feel spills out onto someone else. It starts a chain-reaction. Sometimes it is passed along to many people and the happiness spreads like a spiderweb in all directions.*

*But even more, the happiness inside YOU builds up too. The secret that only you know feels like it's going to erupt inside you like a geyser that can't be harnessed. It's a feeling of butterflies in your stomach, tickling you from the inside. The longer you keep it inside the greater it feels.*

*These Secret Acts of Kindness are addicting and will leave you wanting to do more and more!*



### Secret Ingredient:

Run away before you get a "Thank You." You'll get more happiness out of this than any simple "Thank You" can ever deliver.

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