Title of Entry:

Changing The World, One Act of Kindness At A Time
My vision is perfect. I can see every miniscule detail of myself and my surroundings; the heat waves hovering the scorching pavement and the small speck of dirt lying on the floor. Despite my ability to analyze the world around me, my vision is only skin deep. I am blind to the emotions that lay beneath and the effects that it causes on our lives, day in and day out. Growing up we are told about the struggles others face and the harsh reality of that we live in, but truly, if we are not placed in a formidable situation we can't fully grasp the extent to which it affects us.

At the age of 8, I had decided, with the help of my parents, to make my upcoming birthday one for the books. For my ninth birthday, I wasn’t going to have a party with my friends, with cake, balloons and gifts; I was going to be the one to throw a party for others. I started off my journey by doing 9 random acts of kindness in celebration of my ninth birthday. This included donations to the Kauai Independent Food Bank, Boys and Girls club, children in need, homeless shelters and random citizens in our community. Time has flown by and I am no longer a 9 year old girl as I will be celebrating my 17th birthday this month; my last birthday before I leave for college. Looking back, it is clear how much my decision to celebrate another year of life through the happiness of others has changed my perspective entirely.

Over the years I changed the lives of many, inspiring others to take part in the act of giving. Throughout my journey I was focused on providing support and happiness to others but along the way I had found happiness in myself and embraced the feeling that I was able to make a difference in someone’s life, even if that difference was small. On my 13th birthday I had recreated my 9 random acts of kindness that took place years before; one of them being paying for someone’s groceries. I had approached a woman who was accompanied by her children and mother. I had kindly offered to pay for their groceries, and although reluctant, she accepted. After the transaction I could see her tearing up and she had told me earlier that day she was released
from her job and their family was struggling to make ends meet. I didn’t know her story or the struggles they were facing before I approached her and I found it bewildering that of the hundreds of people in the store I could’ve picked, I chose her. This experience, to which I also consider an accomplishment, has completely opened my perspective to the importance of being kind to those around you and being conscious of the things you say or do. Our world is filled with both hatred and kindness but it is up to individuals, to me, to you and everyone around us, to be compassionate and unselfish. In closing, I strive to continue to change the world, one act of kindness at a time.