

## BLOG #3

2/27/26

Random acts of kindness.... Today when I got home there was a small envelope in my mail with no return address and postmarked from Boston. Inside was a simple note card which read "eat well, be well" in handwriting and contained a gift card to stop & shop. This random and anonymous act of kindness brought the most endearing tears to my eyes. Does this person know what I'm currently going through??? I'm not sure I even know anyone in the Boston area closely enough for them to know that I currently have a major financial strain since my roommate up and left with no notice over a week ago and stuck me with the whole amount of rent, which forced me to get a second job just to make ends meet... On top of that, I'm having a very difficult day today in regard to my personal relationships. This gesture has an impact so great that it will have a positive affect on a lot more people than it was intended for. It will be paid forward by me. This is what Humanity is supposed to be and it strengthens my faith in people being good.

This is an affect that I strive to reach with Coastodians, Inc. This world we live in needs more positivity, caring, empathy and support for one another. It needs good deeds done daily. Leave the dog-eat-dog mentality for the damn dogs people. Try doing some random acts of kindness like this stranger just did for me. It will come back ten-fold when you see the ripple effect it can have to create a more pleasant world for us ALL to live in.

LOVE