

BE A HERO FOR A BETTER WORLD



"I'd say that I think the most revolutionary act that you can commit in our society today is to be happy."
— Patch Adams

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"The happiness of any society begins with the well-being of the families that live in it."
— Kofi Annan

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life."
— Carrie Chapman Catt

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"I think happiness comes from self-acceptance. We all try different things, and we find some comfortable sense of who we are. We look at our parents and learn and grow and move on. We change."
— Janis Luc Curtis

Do One Thing for a Better World

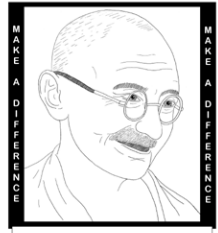
BE A HERO FOR A BETTER WORLD



"Human beings, indeed all sentient beings, have the right to pursue happiness and live in peace and freedom."
— Francis Goyette, 14th Dalai Lama

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Happiness is when what you think, what you say, and what you do are in harmony."
— Mollanides K. Gandhi

Do One Thing for a Better World

Better World Quotes

HAPPINESS

...make a difference...

Do One Thing for a Better World.

Together We Make a World of Difference!

© The Emily Fund
Distribute freely - no endorsement implied

DoOneThing.org - EmilyFund.org

BE A HERO FOR A BETTER WORLD



"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."
— Tish Hark

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights, among these are life, liberty, and the pursuit of happiness."
— Thomas Jefferson

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"I've realized that being happy is a choice."
— Angelina Jolie

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."
— Helen Keller

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"None of those material possessions do anything to make you the way matter. I won't do anything for you unless you're a happy person and can love peace with yourself."
— Lenny Kravitz

Do One Thing for a Better World

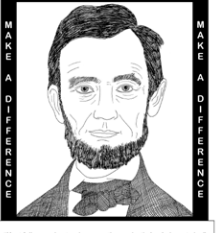
BE A HERO FOR A BETTER WORLD



"When I was 8 years old, my mother always told me that happiness was the way to live, and when I was 13, she told me to look for it and see what it was. It took me 17 years to understand and I had been trying ever since."
— John Lennon

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Most folks are about as happy as they make their minds up to be."
— Abraham Lincoln

Do One Thing for a Better World

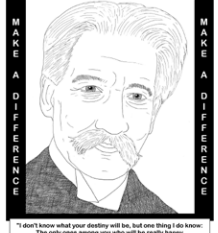
BE A HERO FOR A BETTER WORLD



"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give."
— Eleanor Roosevelt

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"I don't know what your destiny will be, but one thing I do know: The only ones among you who will be really happy are those who have sought and found how to serve."
— Albert Schweitzer

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"I think service to others is the real key to winning our own personal freedom and the road to our own happiness, our own personal contentment and fulfillment."
— Maria Shriver

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Joy is a net of love by which you can catch souls."
— Mother Teresa

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"The task of organizing human happiness needs the active cooperation of men and women. It cannot be relegated to one half of the world."
— Helen

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**"I'd say that I think the most revolutionary act that
you can commit in our society today is to be happy."
-- Patch Adams**

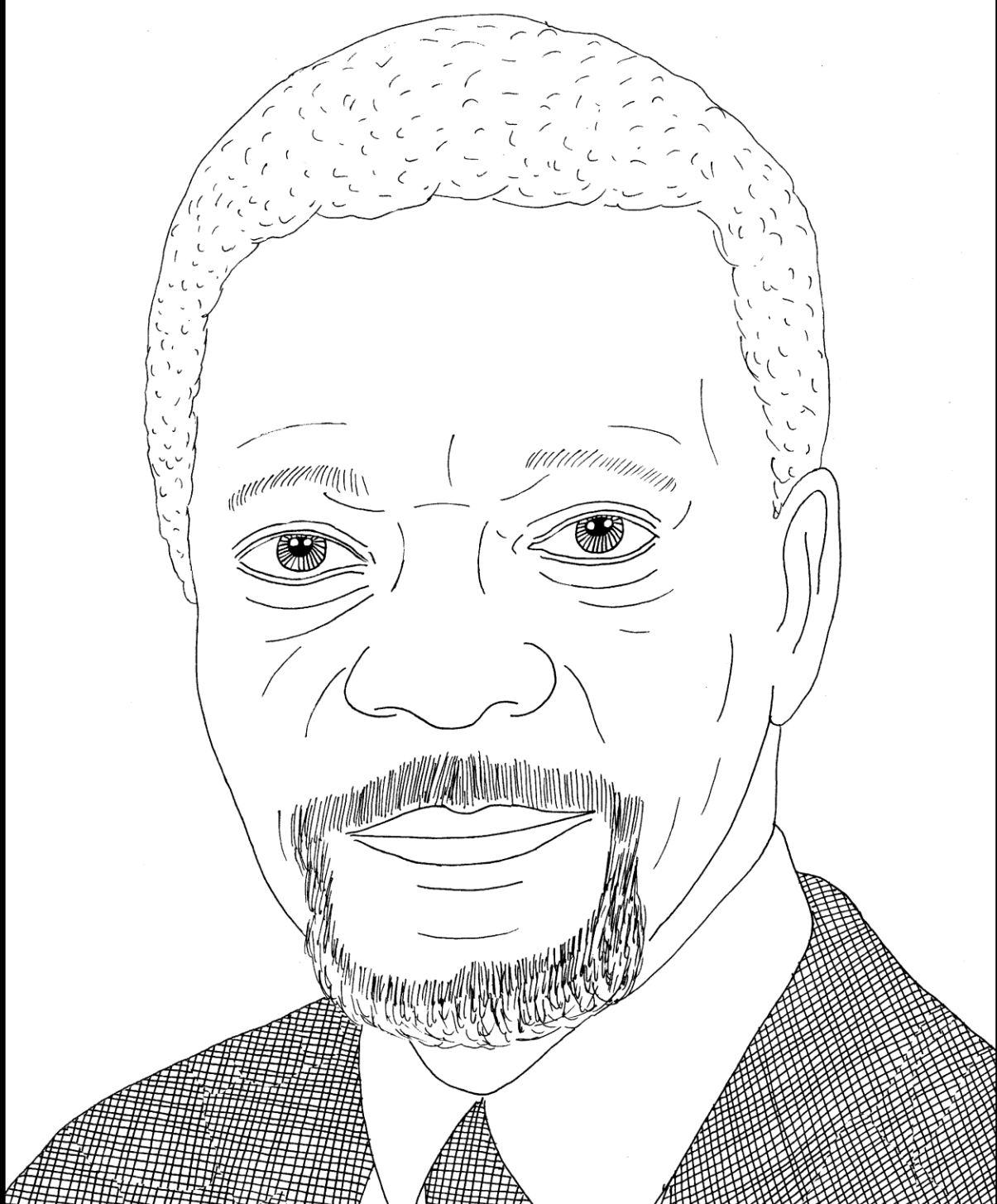
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"The happiness of any society begins with
the well being of the families that live in it."
– Kofi Annan**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Good nature is worth more than knowledge,
more than money, more than honor..."
-- Henry Ward Beecher**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life."

-- Carrie Chapman Catt

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"I think happiness comes from self-acceptance. We all try different things, and we find some comfortable sense of who we are. We look at our parents and learn and grow and move on. We change."

-- Jamie Lee Curtis

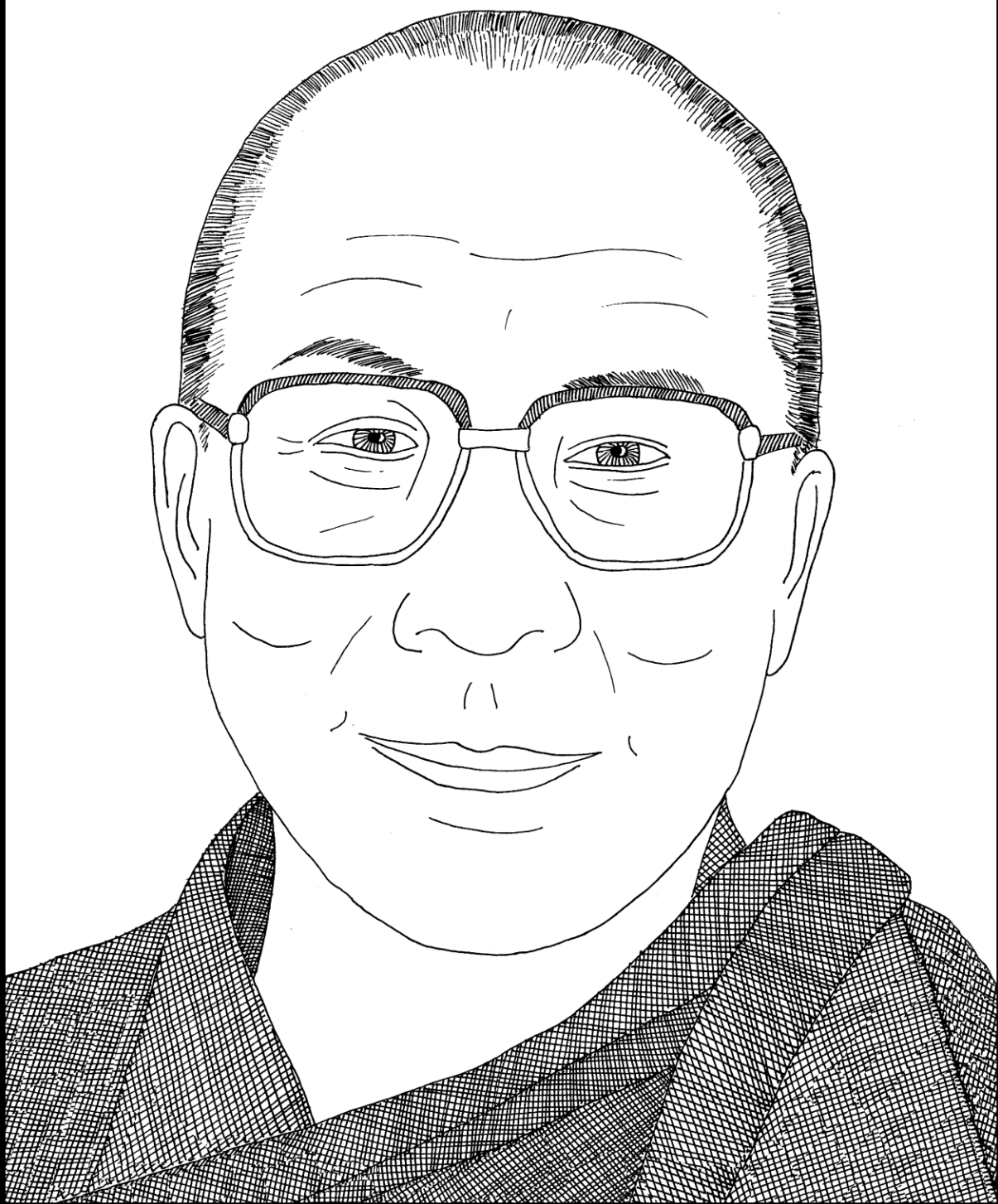
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

"Human Beings, indeed all sentient beings, have the right to pursue happiness and live in peace and freedom."

-- Tenzin Gyatso, 14th Dalai Lama

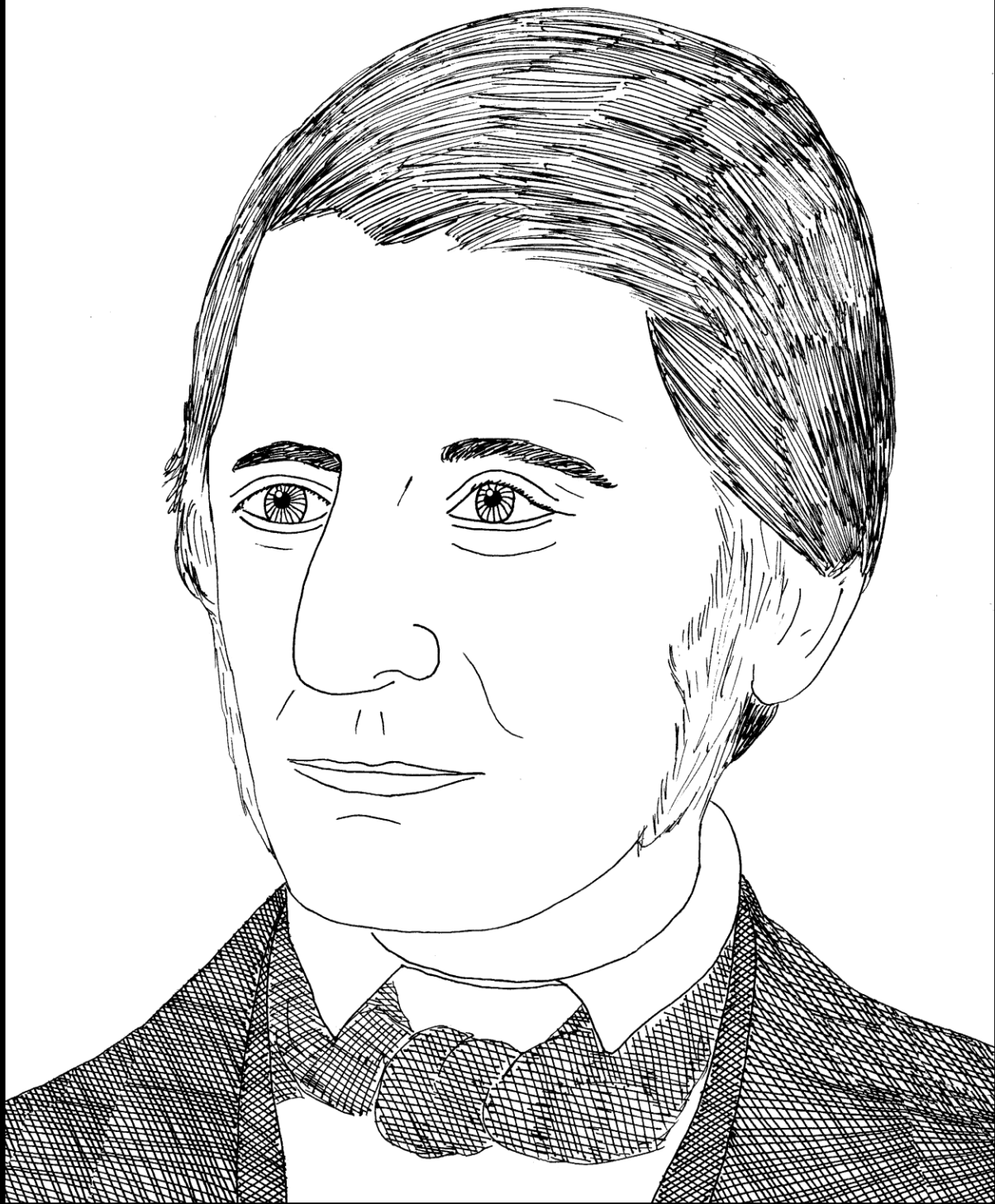
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"Of cheerfulness, or a good temper --
the more it is spent, the more of it remains."
-- Ralph Waldo Emerson**

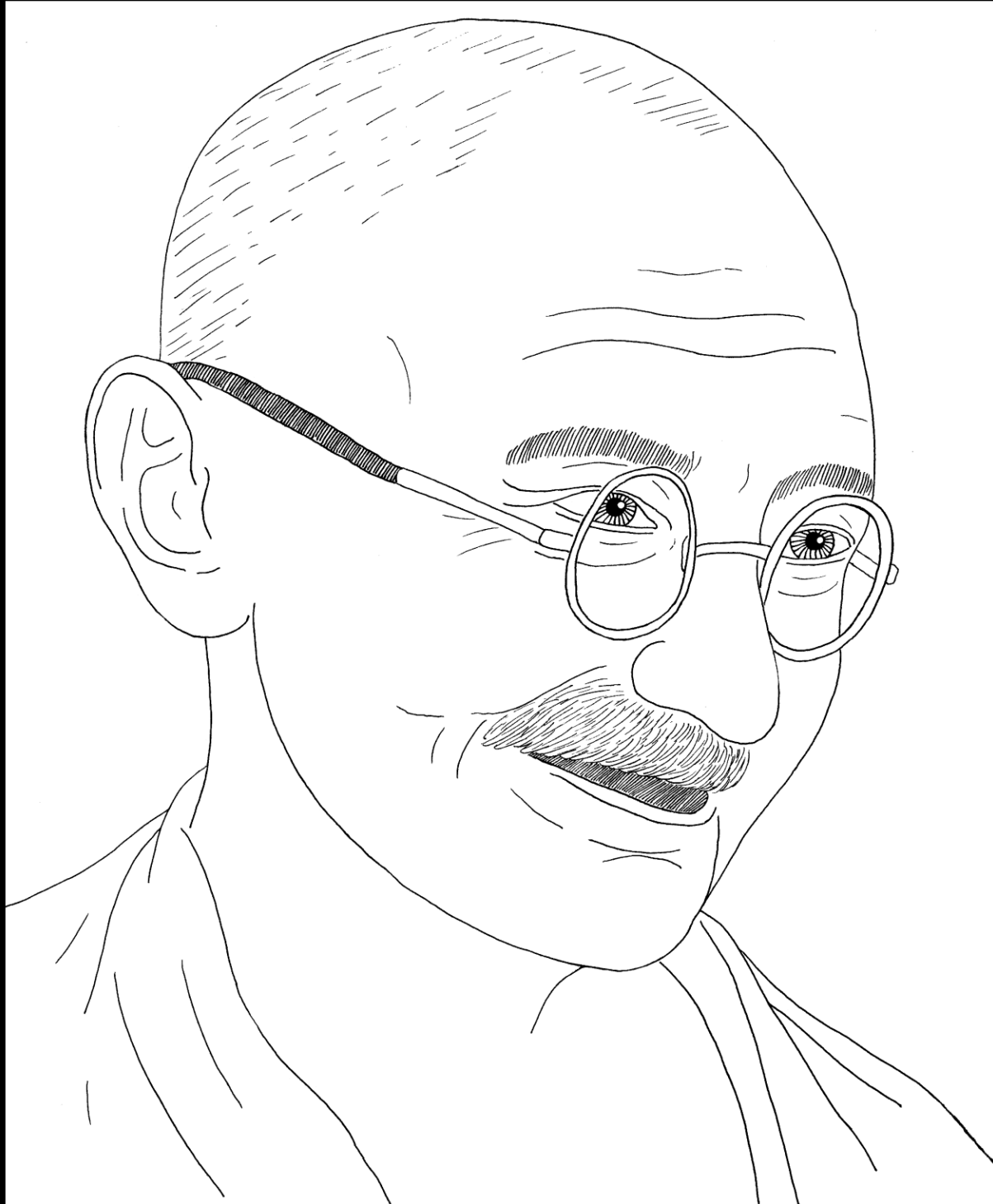
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"Happiness is when what you think, what you say,
and what you do are in harmony."

-- Mohandas K. Gandhi

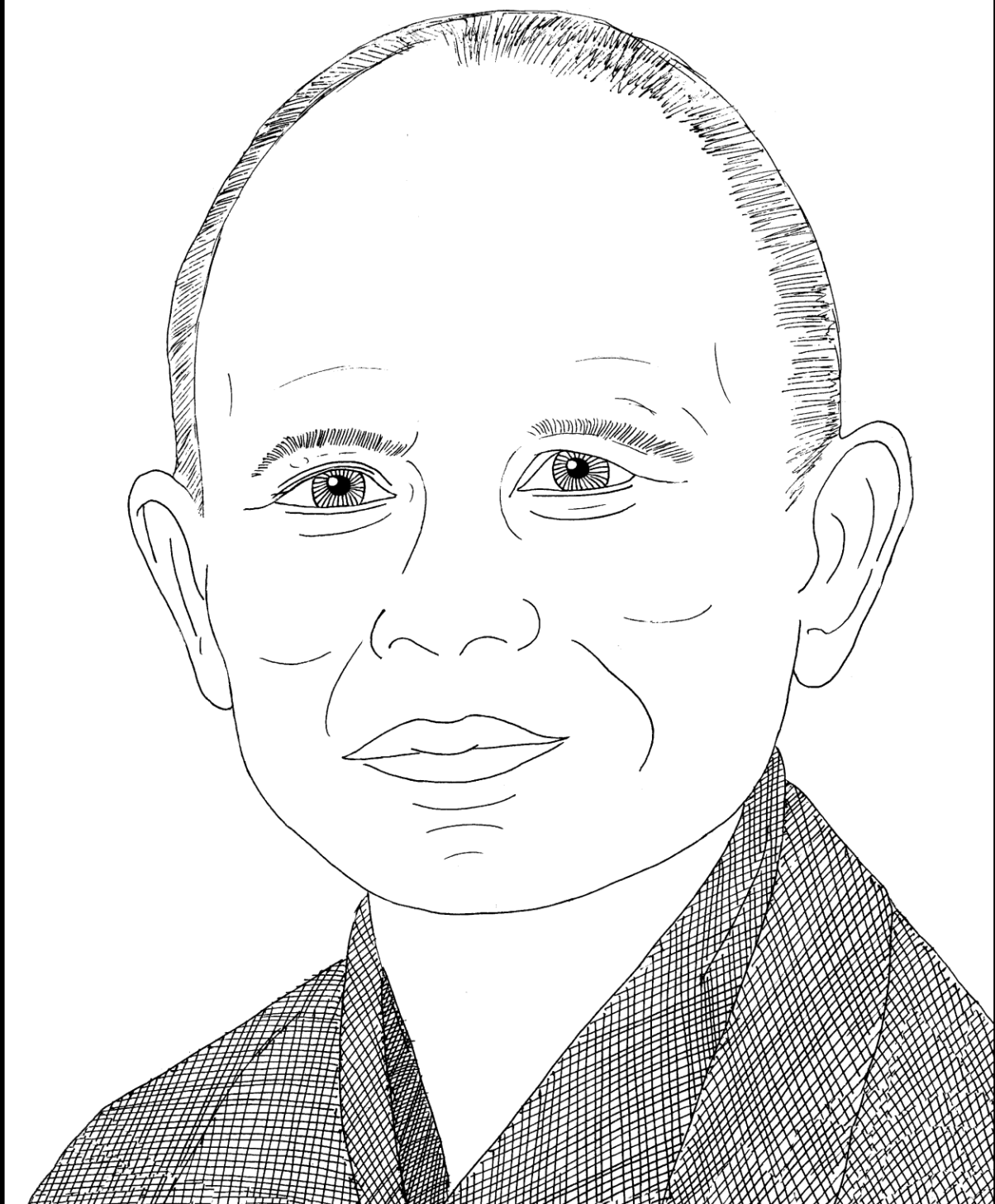
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**"Sometimes your joy is the source of your smile,
but sometimes your smile can be the source of your joy."
-- Thich Nhat Hanh**

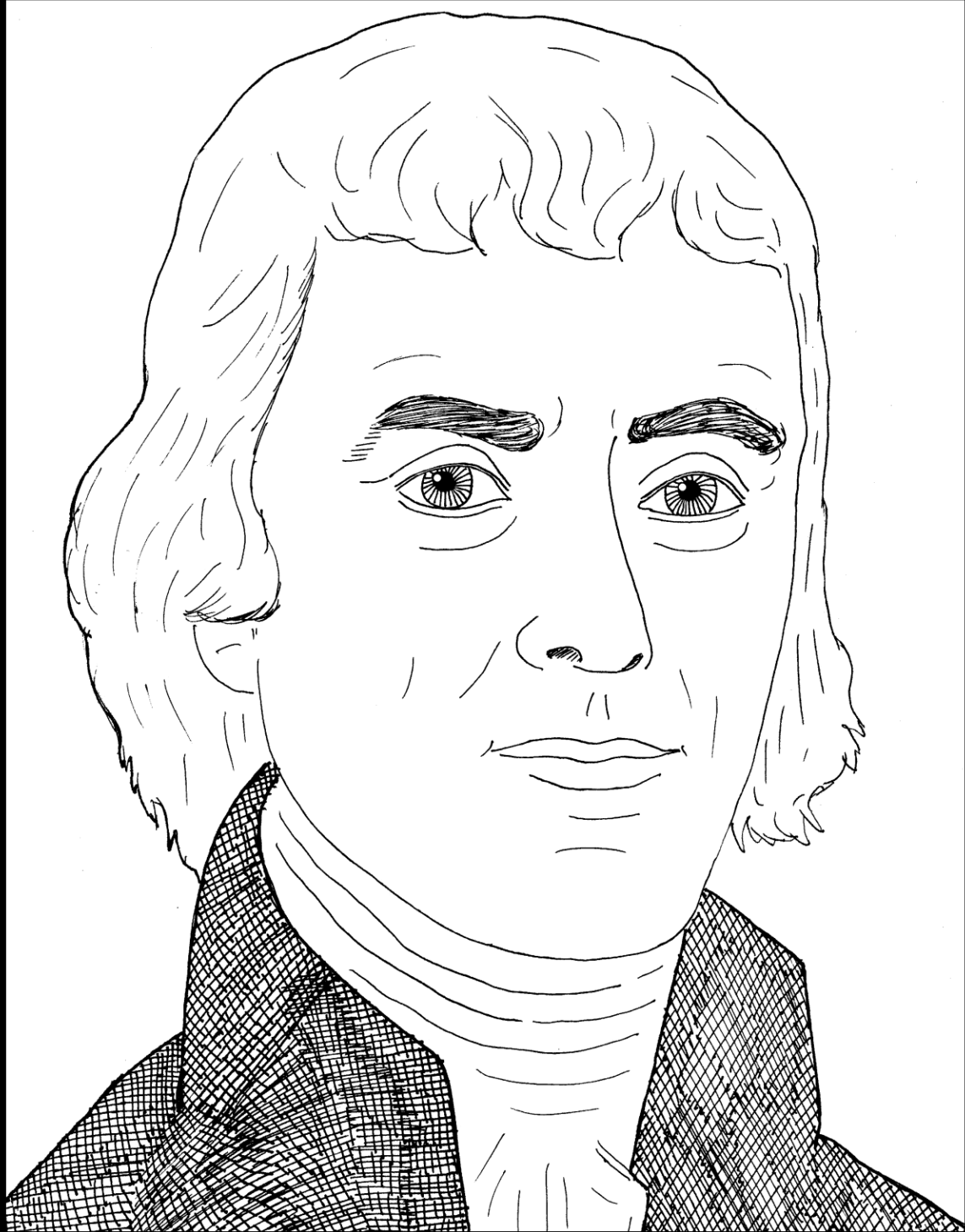
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"We hold these truths to be self-evident: that all men are created equal, that they are endowed by their Creator with certain inalienable rights, among these are life, liberty, and the pursuit of happiness."

-- Thomas Jefferson

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"I've realized that being happy is a choice."
-- Angelina Jolie**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"The unselfish effort to bring cheer to others
will be the beginning of a happier life for ourselves."
-- Helen Keller**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"None of those material possessions do anything to make your life any better...it won't do anything for you unless you're a happy person and can have peace with yourself."

-- Lenny Kravitz

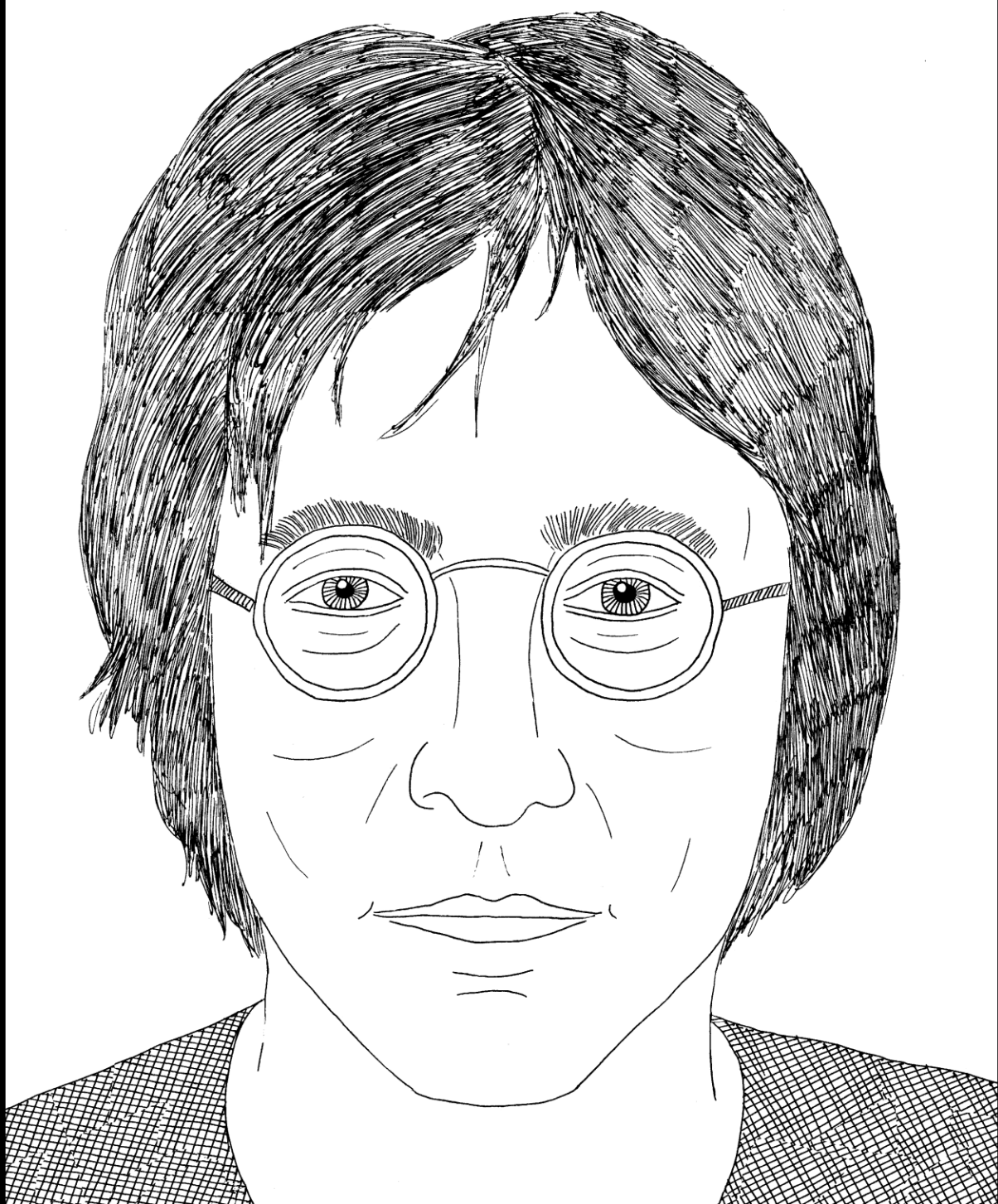
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment and I told them they didn't understand life."

-- John Lennon

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

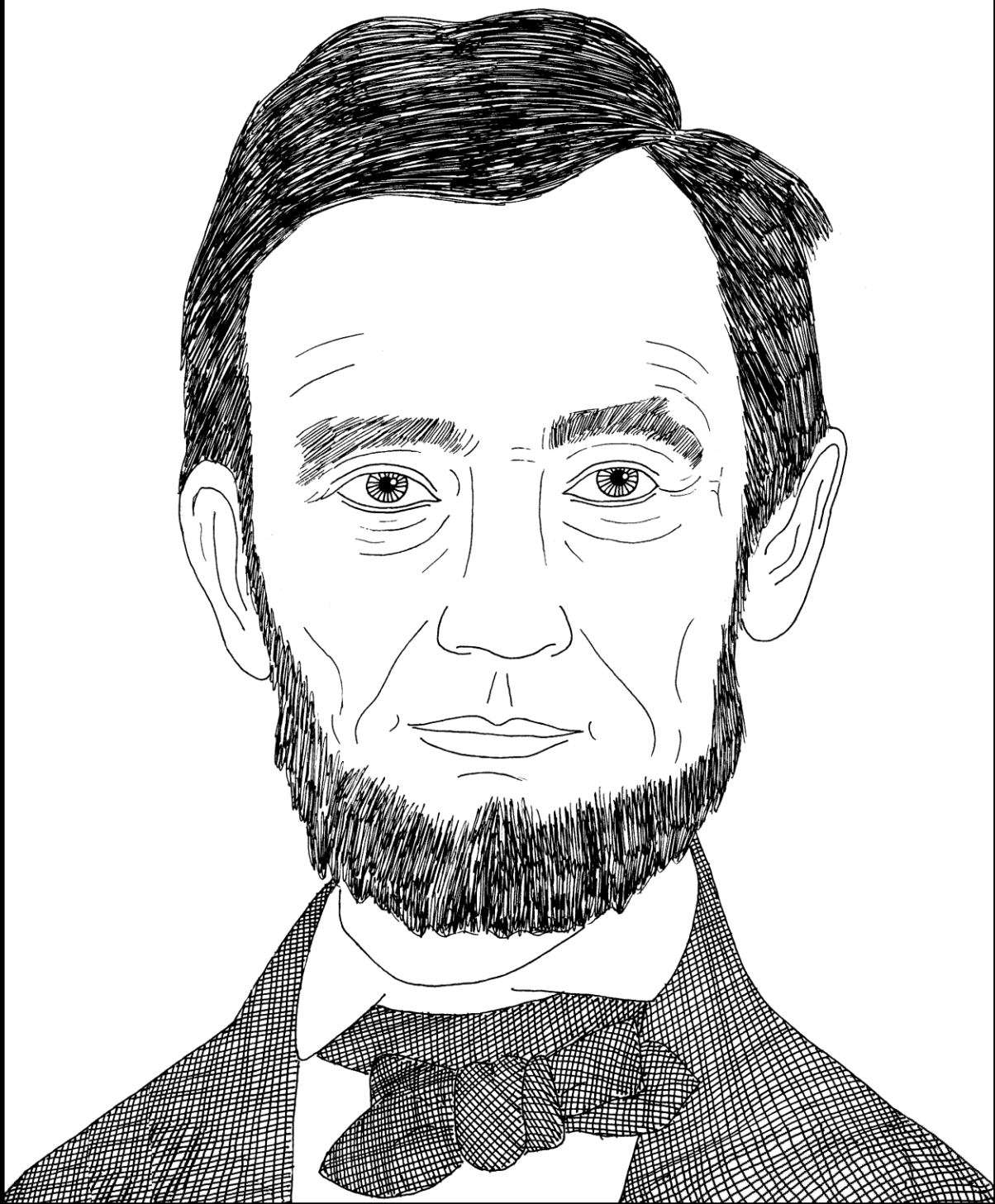
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**“Most folks are about as happy as they make their minds up to be.”
-- Abraham Lincoln**

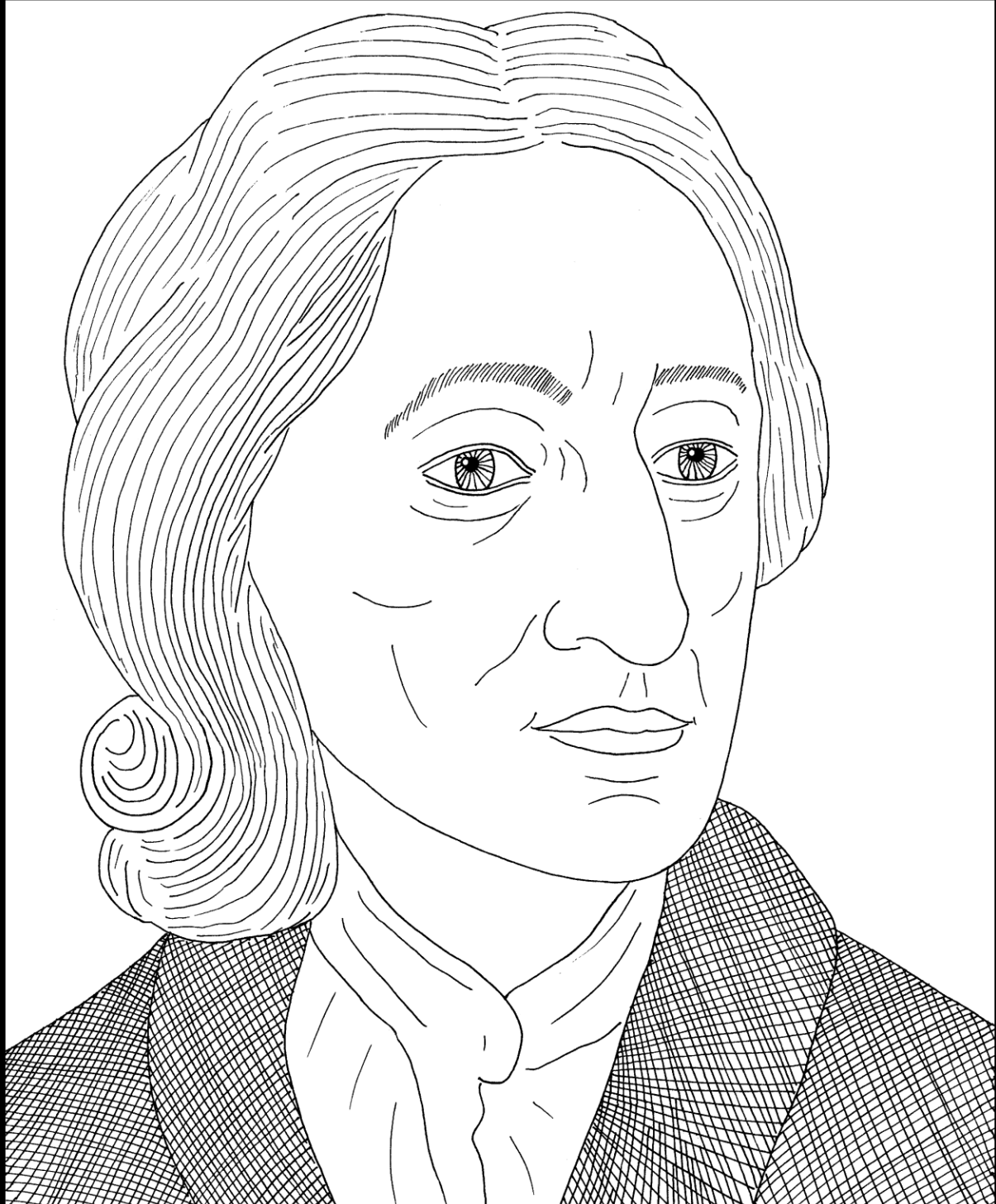
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"A sound mind in a sound body, is a short, but full description of a happy state in this World: he that has these two, has little more to wish for; and he that wants either of them, will be little the better for anything else."

-- John Locke

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"When ambition ends, happiness begins."
-- Thomas Merton**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

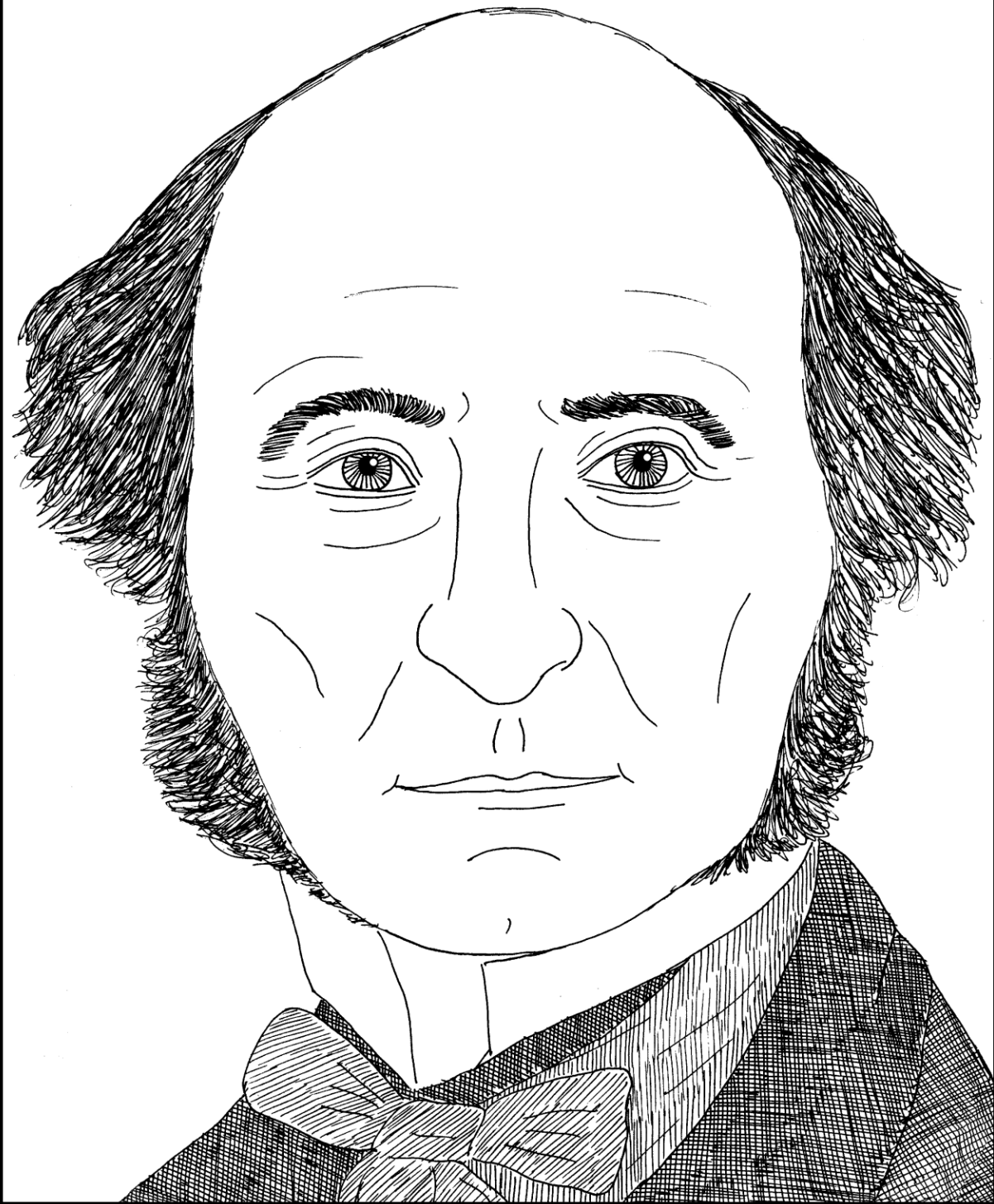
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

"I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them."

-- John Stuart Mill

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give."

-- Eleanor Roosevelt

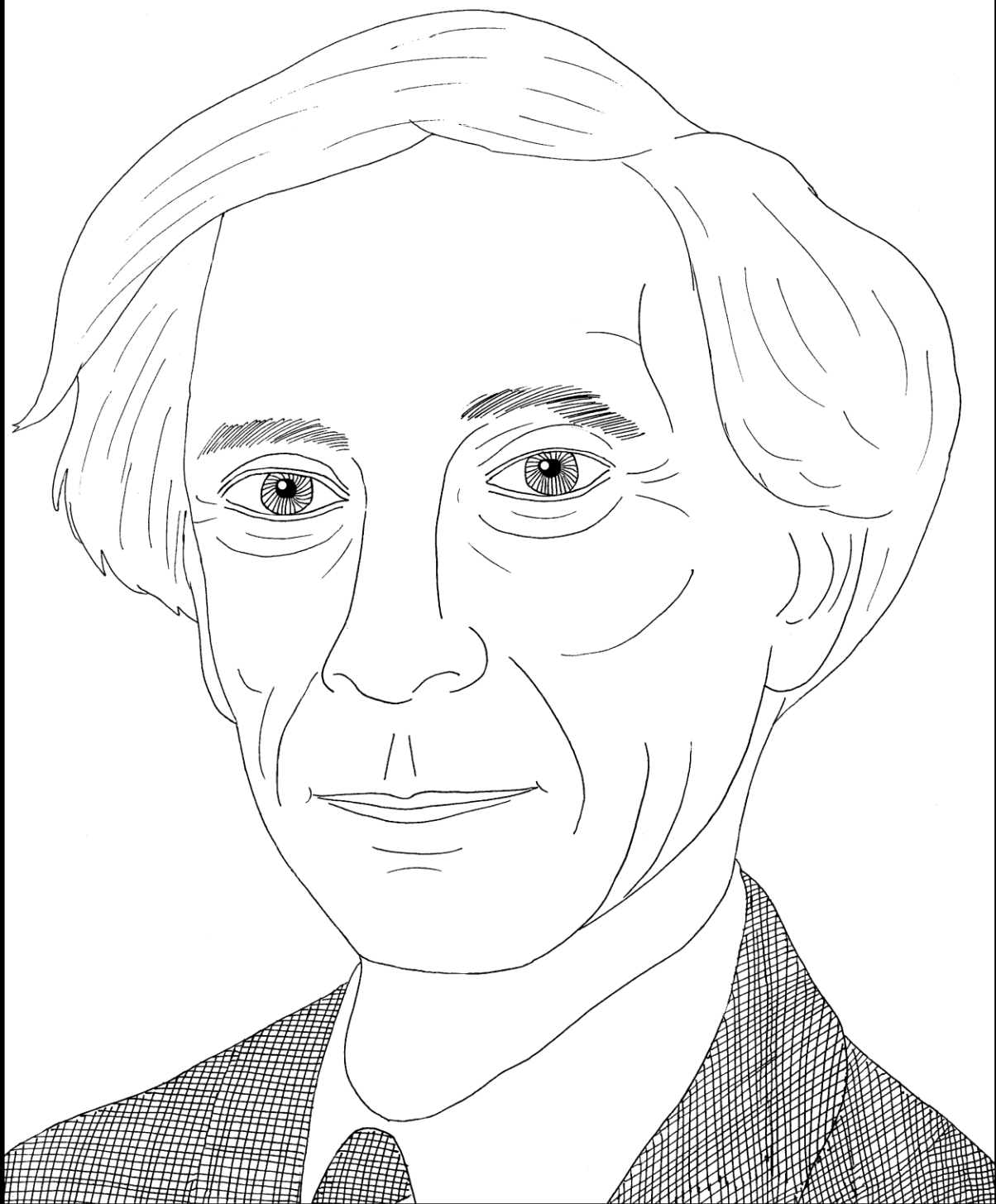
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"The good life, as I conceive it, is a happy life.
I do not mean that if you are good you will be happy;
I mean that if you are happy you will be good."**

-- Bertrand Russell

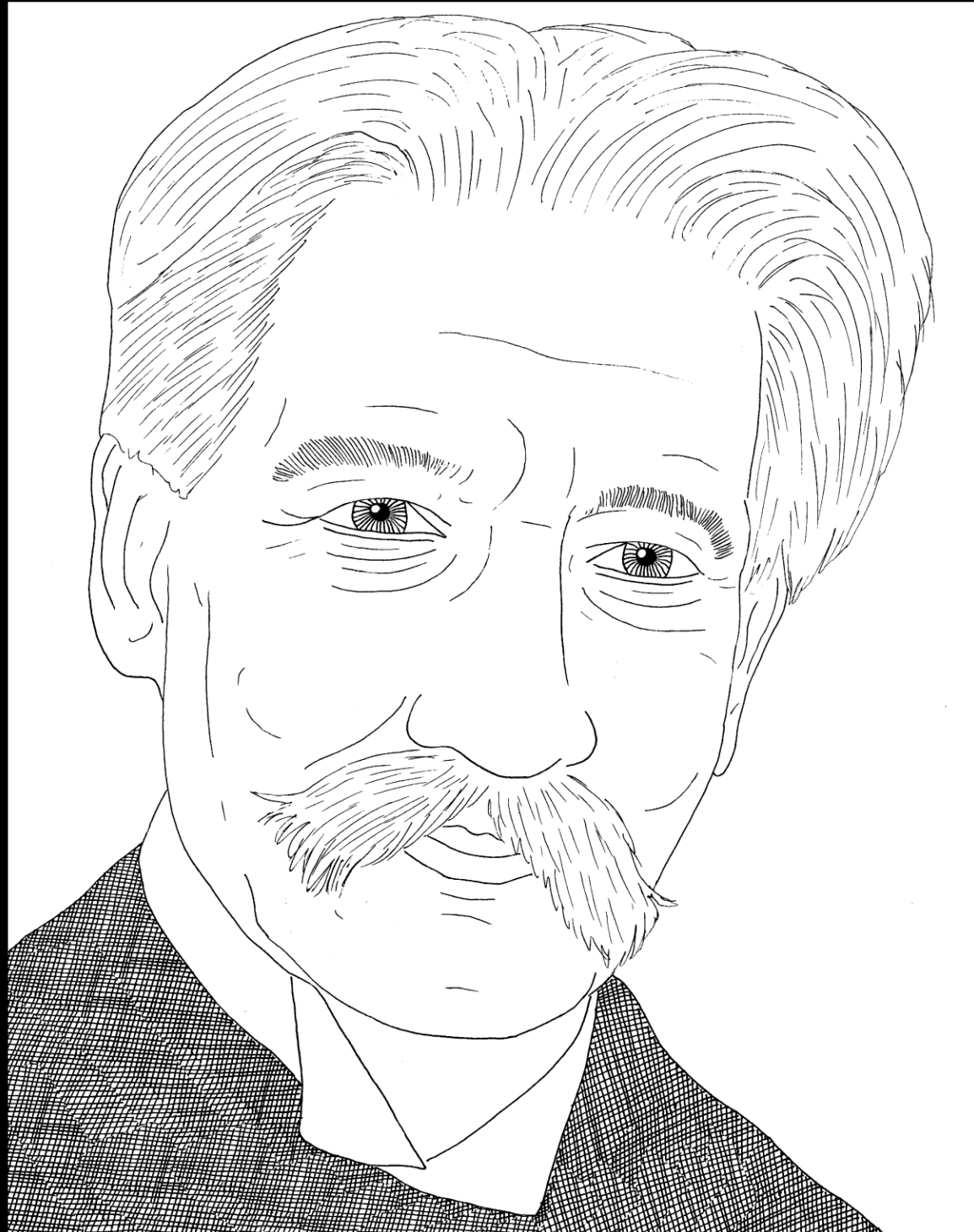
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**"I don't know what your destiny will be, but one thing I do know:
The only ones among you who will be really happy
are those who have sought and found how to serve."**

-- Albert Schweitzer

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

"I think service to others is the real key to winning our own personal freedom and the road to our own happiness, our own personal contentment and fulfillment."

-- Martin Sheen

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"Exactly what brings happiness is a mystery for most people. Some try to find it by pursuing wealth, love, adventure and climbing the corporate ladder. Many who reach the goals that they've convinced themselves they need to reach to be happy, however, find themselves still searching for happiness. The conclusion that many heroes for a better world have discovered, is that helping others to be happy is the surest way to find happiness."

-- Robert Alan Silverstein

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"Joy is a net of love by which you can catch souls."
-- Mother Teresa**

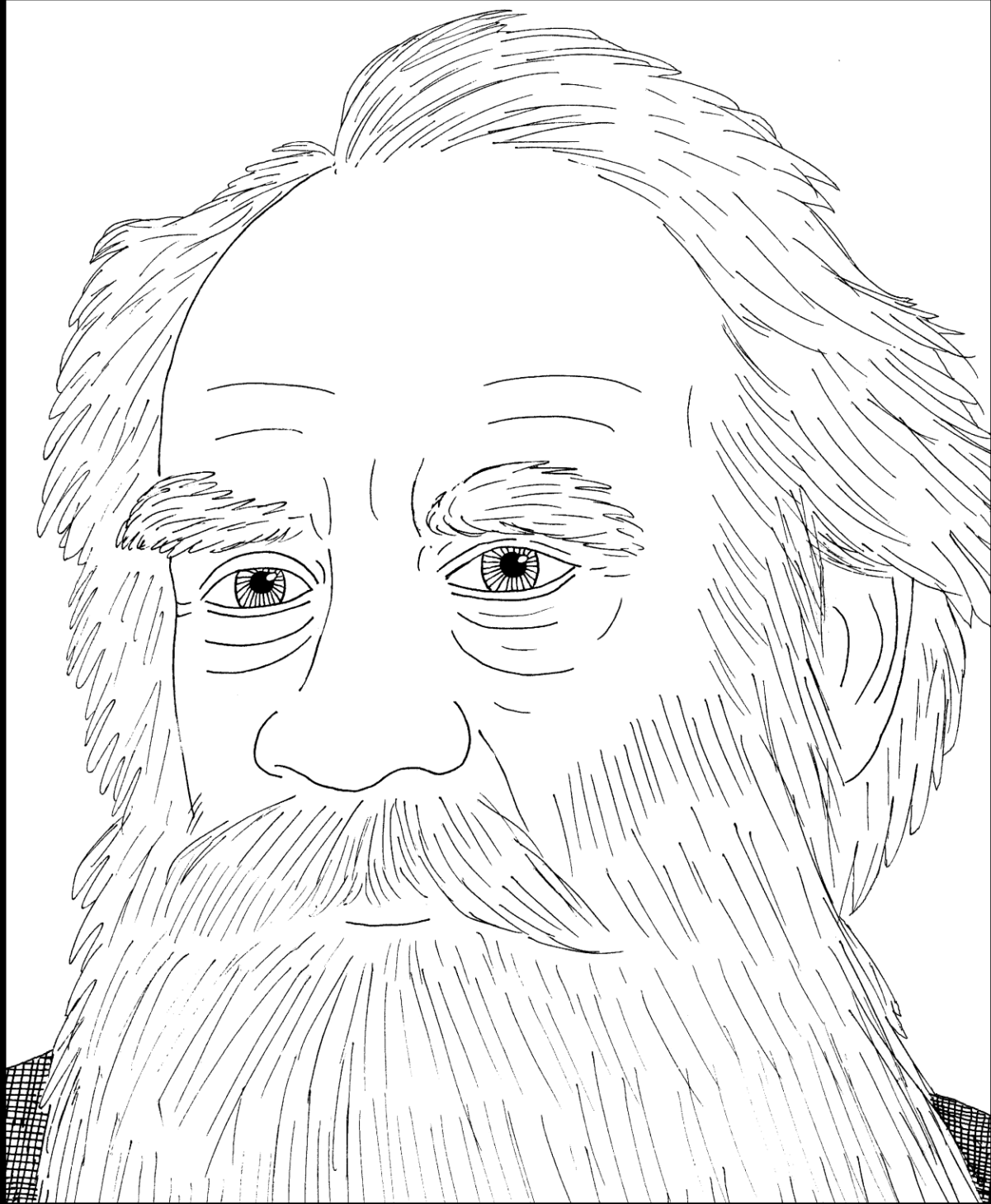
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-
I-
F-
F-
E-
R-
E-
N-
C-
E



MAKE
A
D-
I-
F-
F-
E-
R-
E-
N-
C-
E

"Joy can be real only if people look on their life as a service, and have a definite object in life outside themselves and their personal happiness."

-- Leo Tolstoy

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

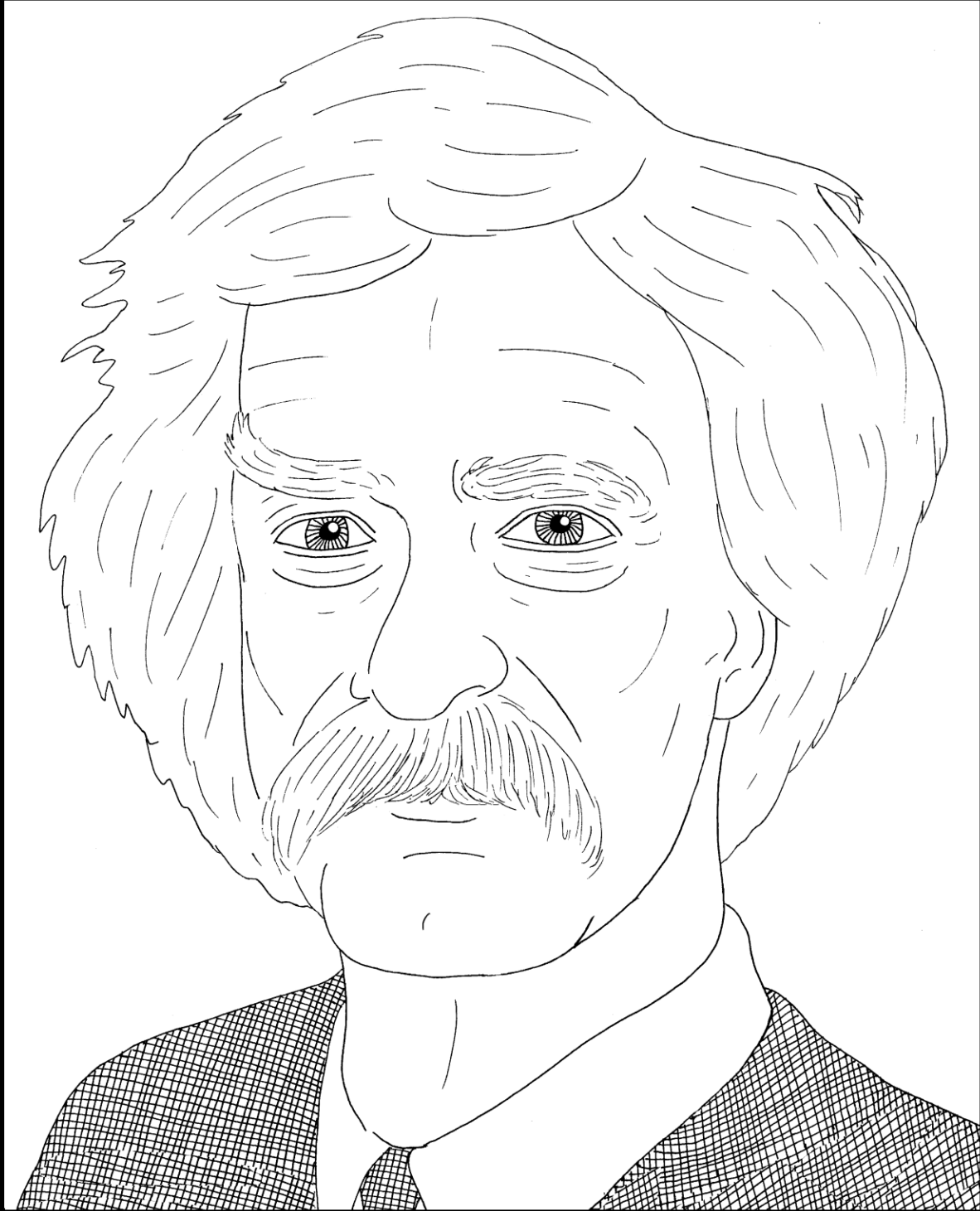
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Whoever is happy will make others happy, too."
-- Mark Twain**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"The task of organizing human happiness needs the active cooperation of man and woman: it cannot be relegated to one half of the world."

-- Lillian Wald

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied