

NFL Star Anthony Harris Shows Us How to “Pass it Forward”... Not in Football but Through Acts of Kindness

Caring - to help others; a caring person lives with:

- *empathy* in trying to understand another person’s situation, entering into the feeling or spirit of others and imagining yourself in another person’s situation
- *compassion* in feeling of sympathy for the distress of others with the desire to help
- *generosity* in giving freely of our own possessions, time and/or talent

Determination – firmness of purpose; complete commitment to achieving a goal

Duty - something that one is expected or required to do according to one’s own standards or values, and the standards and values of groups that we are a part of such as our family, school, religious groups and larger community

Solidarity - unity from a shared common purpose and / or interest; active loyalty within a group; mutual support within a group