

Inspiration by Sophie.B

People say that the best things that can happen to you come from the strangest places. I know this is true because I experienced it first-hand. I was sitting on the family couch watching my favourite show and I was annoyed that my sister Maya was singing so loud. When I couldn't stand it anymore I said on the verge of yelling "Will you cut it OUT!! I'm just trying to watch this! It's not that hard to be quiet for once"! A thought struck me-I used to do that when I was a kid. My mind flashed back to one of my happiest memories, I was no older than five. I was sitting in the bathtub. My hair just washed. I was singing my favourite song at the time (or the part I knew anyways) at the top of my lungs. I thought about how singing so loud brought me and my family so much joy and here I am, yelling at my sister for doing the same. I thought about how my actions make an impact on my sister. What about the people I interact with every day. What about the strangers that pass me by. Do I make an impact on them? Was my impact for the better or for the worse? I decided to discuss this at the dinner table with my parents. As I sat down at the table, the delicious smells of chicken and rice wafted through the air. "So how was your day" my mom asked. I told her the usual "fine". "Anything else?" "Well.. I was kinda wondering if I have an impact on people" I said. My mom snorted "of course you do sweetie" . In that moment, I decided I would only treat myself and everyone I met with kindness. As I got older, I grew closer to my goal. I donated clothes. Whenever I got a hair cut, I would try and donate that hair to a local cancer society. I would only buy from local stores to support them. I would compost, recycle and try to eat all my leftovers. Hopefully I would imprint these onto my future kids, my family, and everyone I passed by. Even though I know I won't change the world, I do know that I'm helping to contribute some little piece of the puzzle.