CHEAT SHEET · EVERYDAY LIFE

Cheat sheet for everyday life.

Most of the test is small, public and over in five seconds.

Not every hardship is a test, and nothing here is graded.



- [ ] **Move in the first five seconds.**
When you see someone struggling (bags, a stroller, lost, crying), you have about five seconds before the moment passes. Go.

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SAY "Can I help with that?"
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- [ ] **Pay for a stranger and leave.**
Coffee, a meal, a bus fare. Be gone before they can thank you. Nothing comes back. That is the point.

- [ ] **Be the paramedic.**
If someone is hurt in public, go toward them, call for help and stay until help arrives. Don't ask about the crime, the person or your training.

- [ ] **Return what isn't yours.**
The wallet, the phone, the extra change. Leave a note: "Found by someone who hoped you would get this back."

- [ ] **Let the other person finish.**
With someone you disagree with, repeat back what they said before you answer.

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SAY "So what you're saying is..."
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- [ ] **Treat the one who can do nothing for you like the one who can.**
The waiter, the janitor, the intern, the stranger. Same voice, same eye contact, same patience.

- [ ] **Do one kindness a day that nobody sees.**
  If it lifts you, fine. Do it again the next day when it doesn't.

IF YOU ONLY DO ONE THING THIS WEEK

One kindness a day that nobody sees.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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A free message about how we treat each other. Nothing to buy, nothing to join. One person’s hypothesis, not advice. Woodcut images were made with AI tools; the words are Keith Adler’s. Share freely.