



Spencer J. Cox

Governor

Declaration

Whereas, now, more than ever, the world needs more kindness;

Whereas, kindness can be as simple as a single smile, a thoughtful message to a friend, or just a small, unexpected gesture, the effects can be powerful;

Whereas, one act of kindness can brighten a moment, lift someone's spirits, and turn a bad day into a good story;

Whereas, kindness can become contagious, one small act of kindness can spark another small act of kindness;

Whereas, an act of kindness has been proven to be beneficial for both the giver and the recipient, acts of kindness can promote positive behaviors for others, provide a sense of purpose and satisfaction for ourselves, and even help us live longer;

Whereas, an act of kindness is an act of good health and self-care;

Whereas, in partnership with The Semnani Family Foundation, local faith and business leaders, educators, and government leaders, the One Kind Act a Day movement will start here in Utah and create an impact that can be felt around the nation and even around the world;

Whereas, our community can be the nexus of a rippling effect that can transform the globe with kindness; and,

Whereas, we encourage all Utahns to commit one kind act today and every day;

Now, Therefore, I, Spencer J. Cox, governor of the state of Utah, do hereby declare
April 12, 2022, as

One Kind Act A Day Day in Utah

Spencer J. Cox
Governor