

30 the recipient, and acts of kindness can promote positive behaviors from others, provide a sense
31 of purpose and satisfaction for ourselves, and even help us live longer;

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

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

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

39 WHEREAS, we encourage all Utahns to commit one kind act today and every day:

40 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the
41 Governor concurring therein, do hereby declare April 12 as "One Kind Act A Day" Day in
42 Utah.