Sonder...
the understanding that everyone...

friends.

family,
and even strangers,

DING!

Jake

live vivid and complex lives...
we often view our daily lives as mundane,

Boring,

Mundane,

Normal...
But we all experience the highs, 
and the lows

that life throws our way...

So shouldn't we treat people with love and empathy instead of hatred and hostility...
you never know what someone may be going through.

So in everything...

4. Be Kind.