Catch People Doing Good

In busy seasons, faults glow in the dark.
Good work blends into the background.

That's why you have to look for it on purpose.
Really look.

The quiet decisions.
The thoughtful gestures.
The shift someone handled with more patience than they felt.

Say something when you notice it.
Not a big speech. Just a line.
"I saw what you did there, and it mattered."

People hold onto moments like that for weeks.
Especially in winter, when energy drops faster than usual.

You can lift someone with a sentence.
It's worth the effort.