


BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."  
— Maya Angelou

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"It's not enough to rage against the lie... you've got to replace it with the truth."  
— Bono

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"If you follow your heart, if you listen to your gut, and if you extend your hand to help another, not for any agenda, but for the sake of humanity, you are going to find the truth."  
— Erin Brockovich

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"The truth is always exciting. Speak it, then. Life is dull without it."  
— Pearl S. Buck

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Honesty is tearing apart our country, and I don't mean the argument over who came up with the word... it used to be, everyone was entitled to their own opinion, but not their own facts. But that's not the case anymore."  
— Stephen Colbert

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"Containing the truth is not something one does out of a sense of duty or to atone guilt complexes, but is a reward in itself."  
— Simone de Beauvoir

Do One Thing for a Better World

# BetterWorld

# Issue:

# TRUTH

...make a difference...

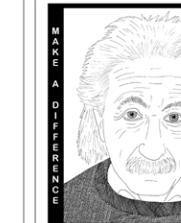
Do One Thing  
for a Better World.

Together  
We Make a World of Difference!

© The Emily Fund  
Distribute freely - no endorsement implied

DoOneThing.org - EmilyFund.org

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"The truth which has lighted my way, and time after time have given me new courage to face life cheerfully, were Isaac Newton, Bradley, and I."  
— Albert Einstein

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Honesty is the best policy."  
— Benjamin Franklin

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD

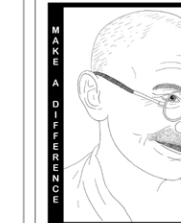


MAKE A DIFFERENCE

"Never be discouraged from being an activist because people tell you that you're not successful. You have already succeeded if you're just being responsible. It's just a matter of time."  
— Gracely D. Gloria Haddock

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"Faith enables us to have a heart, and one has to search for it there, and to be guided by it with an open eye. It is not one has a right to expect others to do it. According to his own search for truth, he thought are gaining means, they are not absolute truth."  
— Thich Nhat Hanh

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"We hold these truths to be self-evident. All people are born creative. Endowed by our Creator with the inalienable right and responsibility to express our creativity for the sake of ourselves and our world."  
— Barbara Marx Hubbard

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"The harder you try to suppress the truth, the more obvious it is. But it will find a way to come out."  
— Arianna Huffington

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"It does not require many words to speak the truth."  
— Chief Joseph

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"The great enemy of the truth is often not the lie - deliberate, continued and dishonest - but the myth - pervasive and uncorrected."  
— John F. Kennedy

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"I refuse to accept the view that mankind is so tragically bound to the dark places of evil and sin that the bright goodness of peace and goodwill can never become a reality. I believe that unarmed truth and unconditional love will have the final word."  
— Mary Luther King

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"This is the way of peace - Overcome evil with good, falsehood with truth, and hatred with love."  
— Francis Piquet

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"I can't tell you how many times we've run into a political wall and go, 'Well that's a tough one, we could be saying that. They're saying the way we see it and that's exactly the way the world has to be saying that.' And I always think, 'Well, why don't you?'"

Do One Thing for a Better World

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The truth which has made us free will in the end make us glad also."  
-- Felix Adler**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."**

**-- Maya Angelou**

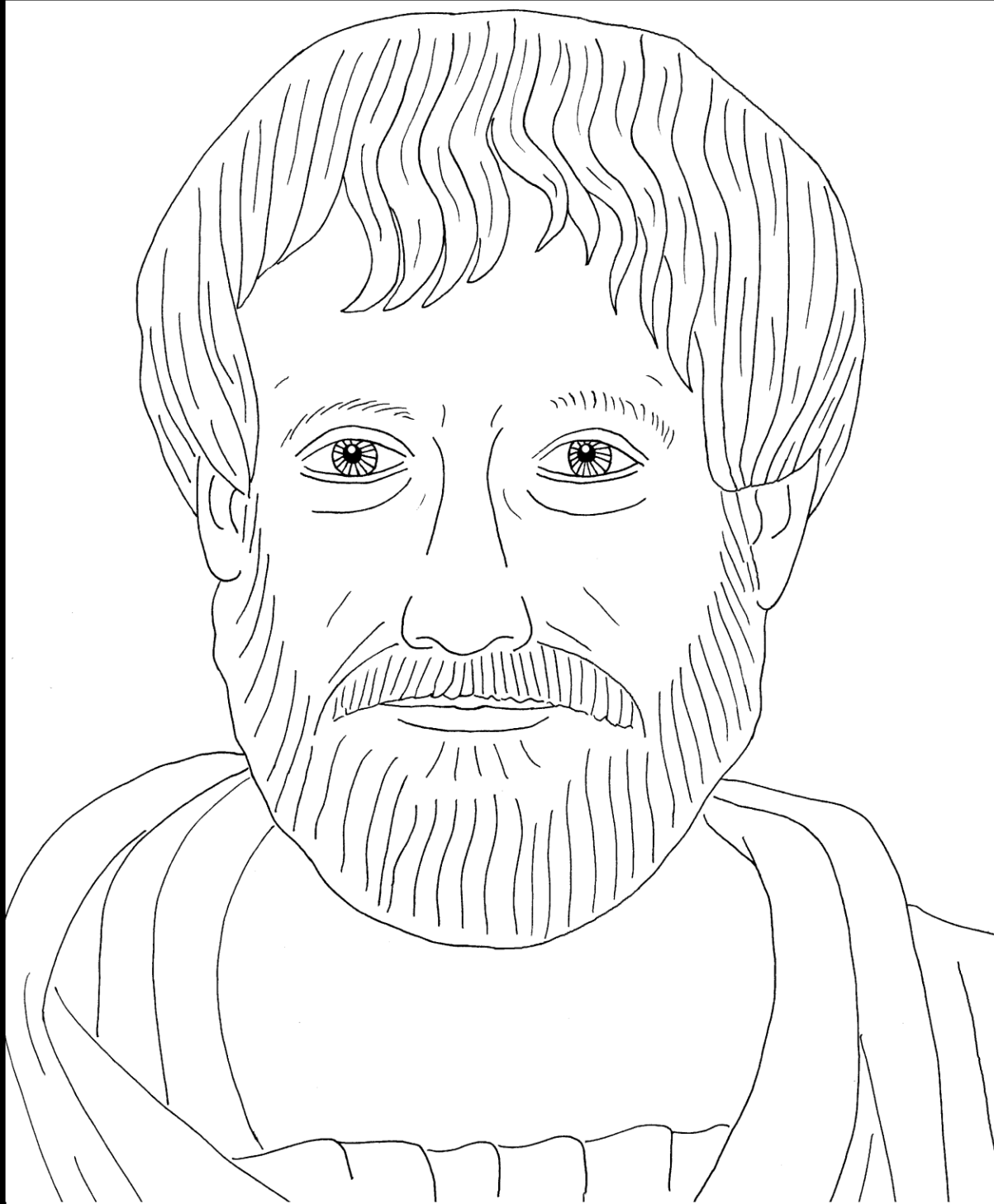
## **Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The least initial deviation from the truth is multiplied later a thousandfold."  
-- Aristotle**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**



# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

**"It is one of the severest tests of friendship to tell your friend his faults. So to love a man that you cannot bear to see a stain upon him, and to speak painful truth through loving words, that is friendship."**

**-- Henry Ward Beecher**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"It's not enough to rage against the lie...  
you've got to replace it with the truth."  
-- Bono**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

**"If you follow your heart, if you listen to your gut, and if you extend your hand to help another, not for any agenda, but for the sake of humanity, you are going to find the truth."**

**-- Erin Brockovich**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The truth is always exciting. Speak it, then. Life is dull without it."  
-- Pearl S. Buck**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"It is the responsibility of intellectuals to speak the truth and expose lies."  
-- Noam Chomsky**

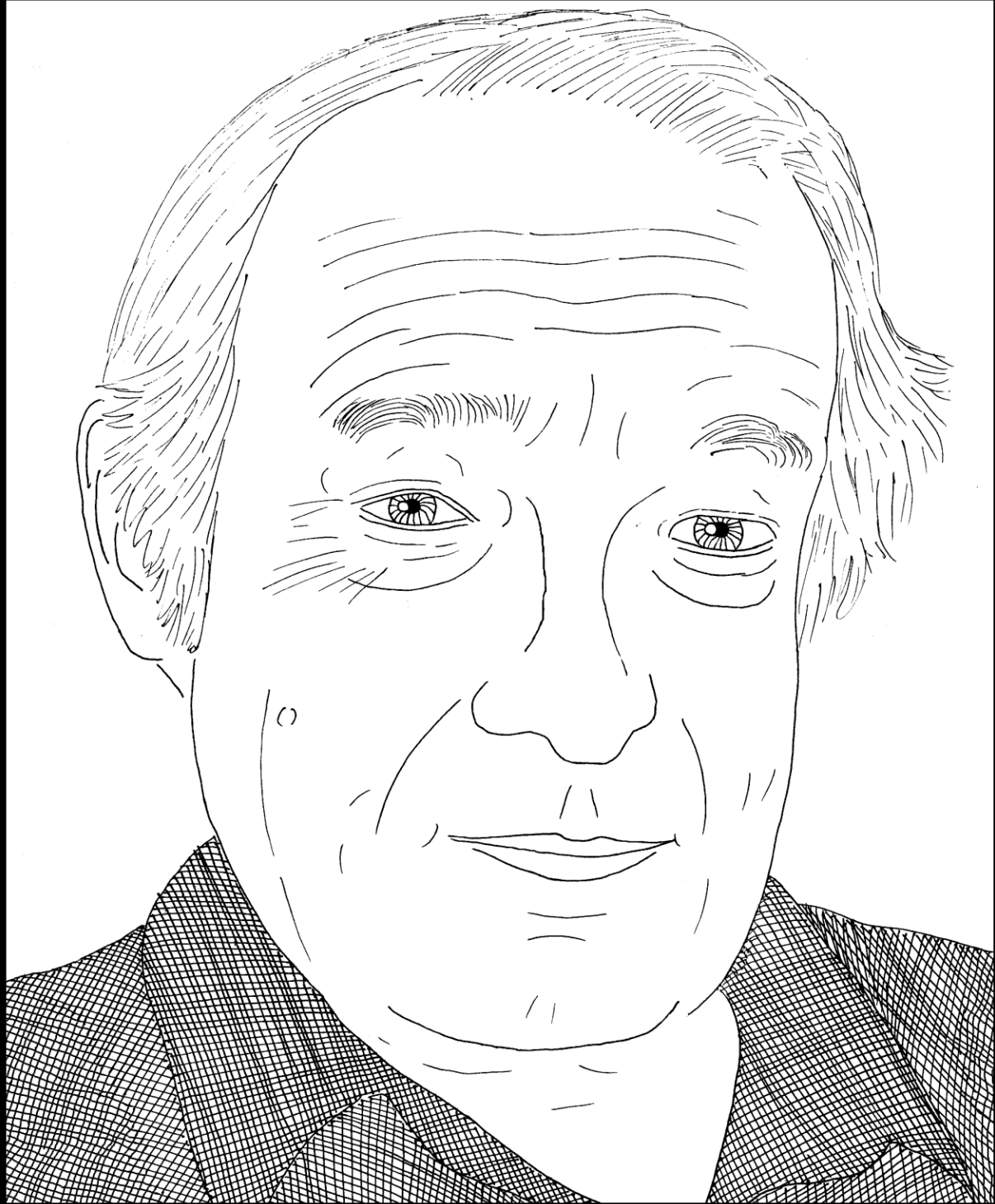
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The world is too dangerous for anything but truth  
and too small for anything but love."**

**-- William Sloane Coffin**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"Truthiness is tearing apart our country, and I don't mean the argument over who came up with the word... It used to be, everyone was entitled to their own opinion, but not their own facts. But that's not the case anymore."**

**-- Stephen Colbert**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"Defending the truth is not something one does out of a sense of duty or to allay guilt complexes, but is a reward in itself."  
-- Simone de Beauvoir

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"You cannot kill the truth. You cannot kill justice.  
You cannot kill what we are fighting for."  
-- Jean Dominique**

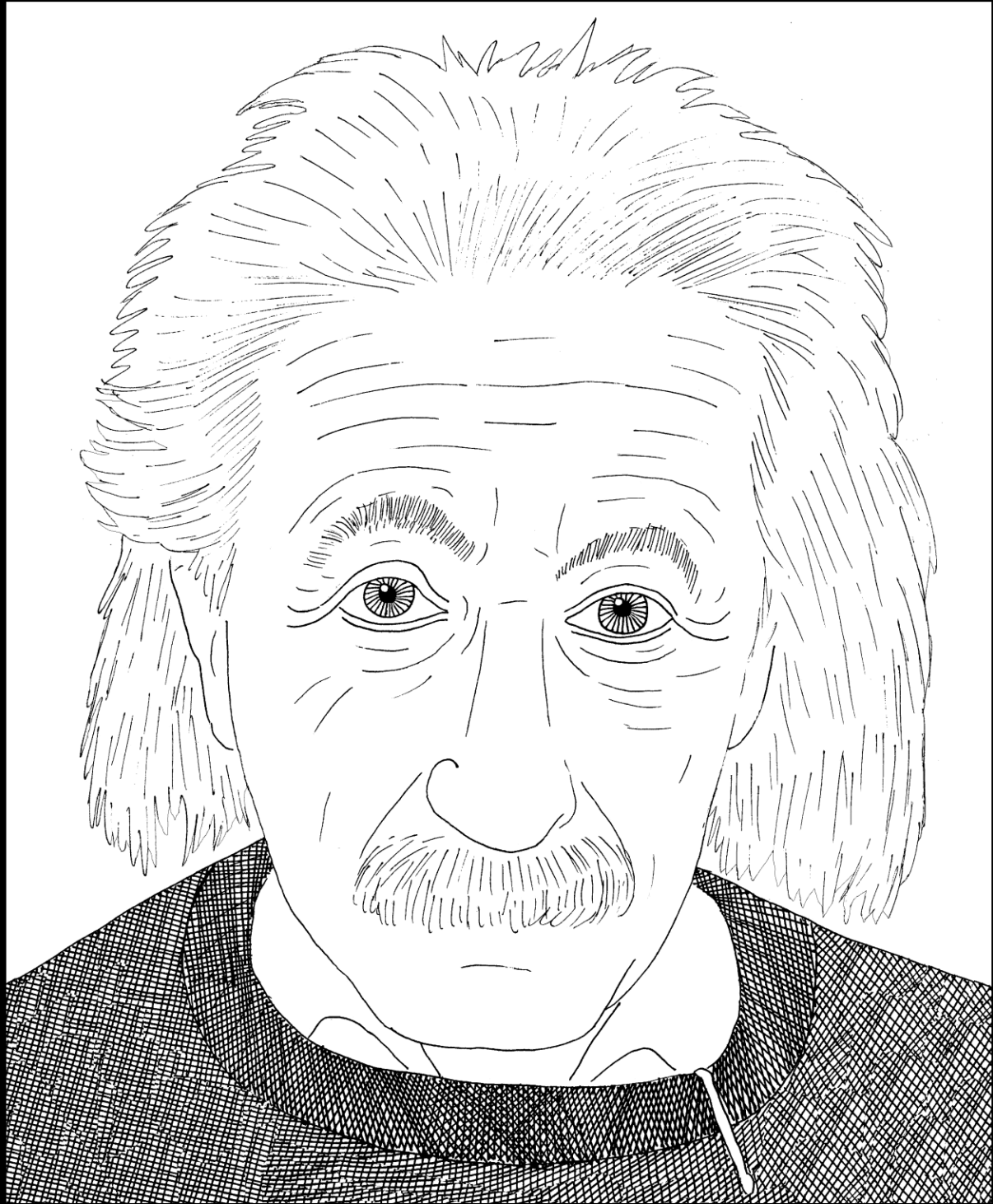
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
DIFFERENCE



MAKE  
A  
DIFFERENCE

**"The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth..."**  
-- Albert Einstein

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"We must apply our humble efforts to the construction of a more just and humane world. And I want to declare emphatically: Such a world is possible. To create this new society, we must present outstretched and friendly hands, without hatred and rancor, even as we show great determination and never waver in the defense of truth and justice. Because we know that we cannot sow seeds with clenched fists. To sow we must open our hands."

-- Adolfo Pérez Esquivel

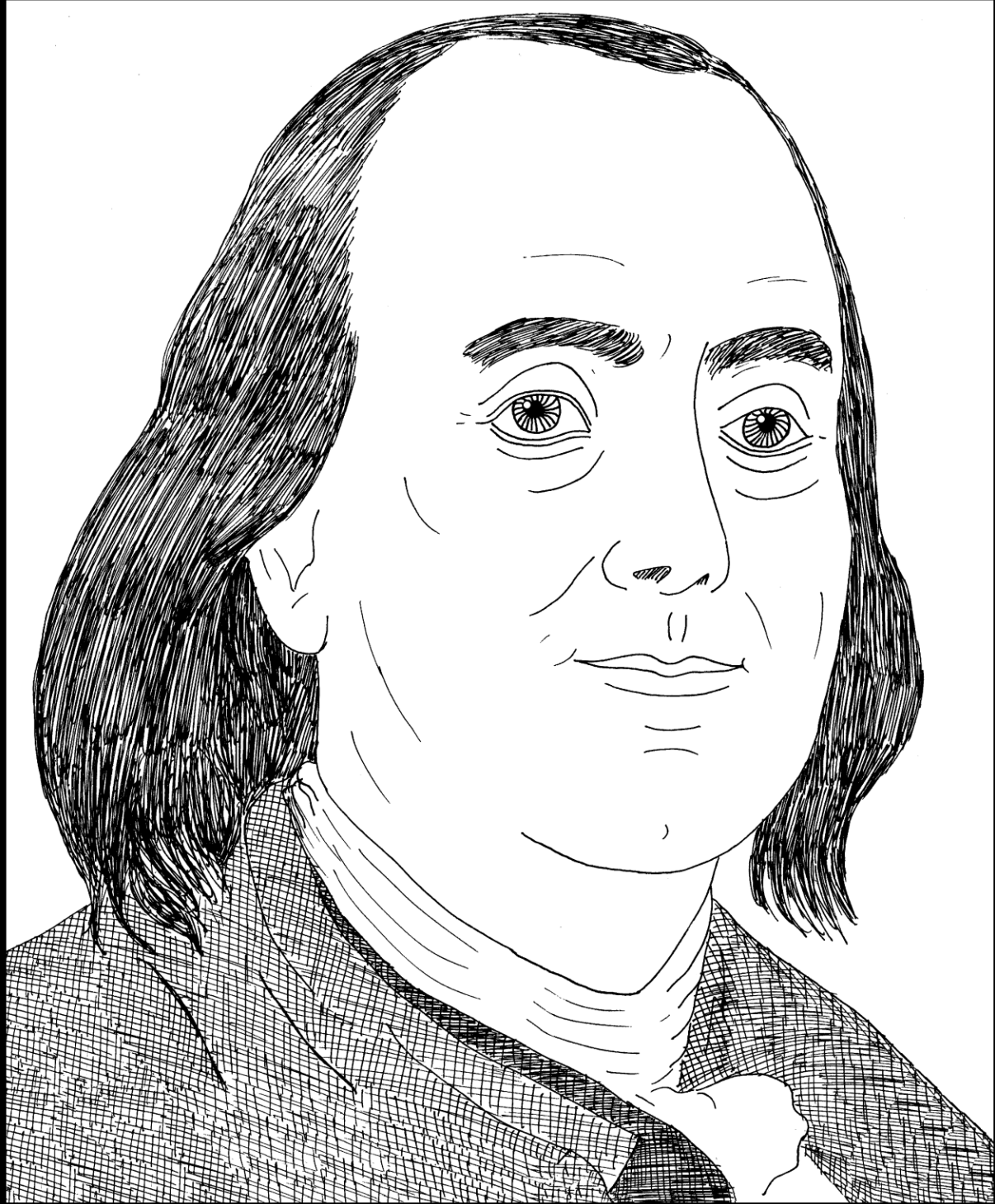
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Honesty is the best policy."  
-- Benjamin Franklin**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"Satyagraha is the pursuit of truth. My grandfather believed that truth should be the cornerstone of everybody's life and that we must dedicate our lives to pursuing truth, to finding out the truth in our lives. And so his entire philosophy was the philosophy of life. It was not just a philosophy for conflict resolution, but something that we have to imbibe in our life and live it all the time so that we can improve and become better human beings."

-- Arun Gandhi

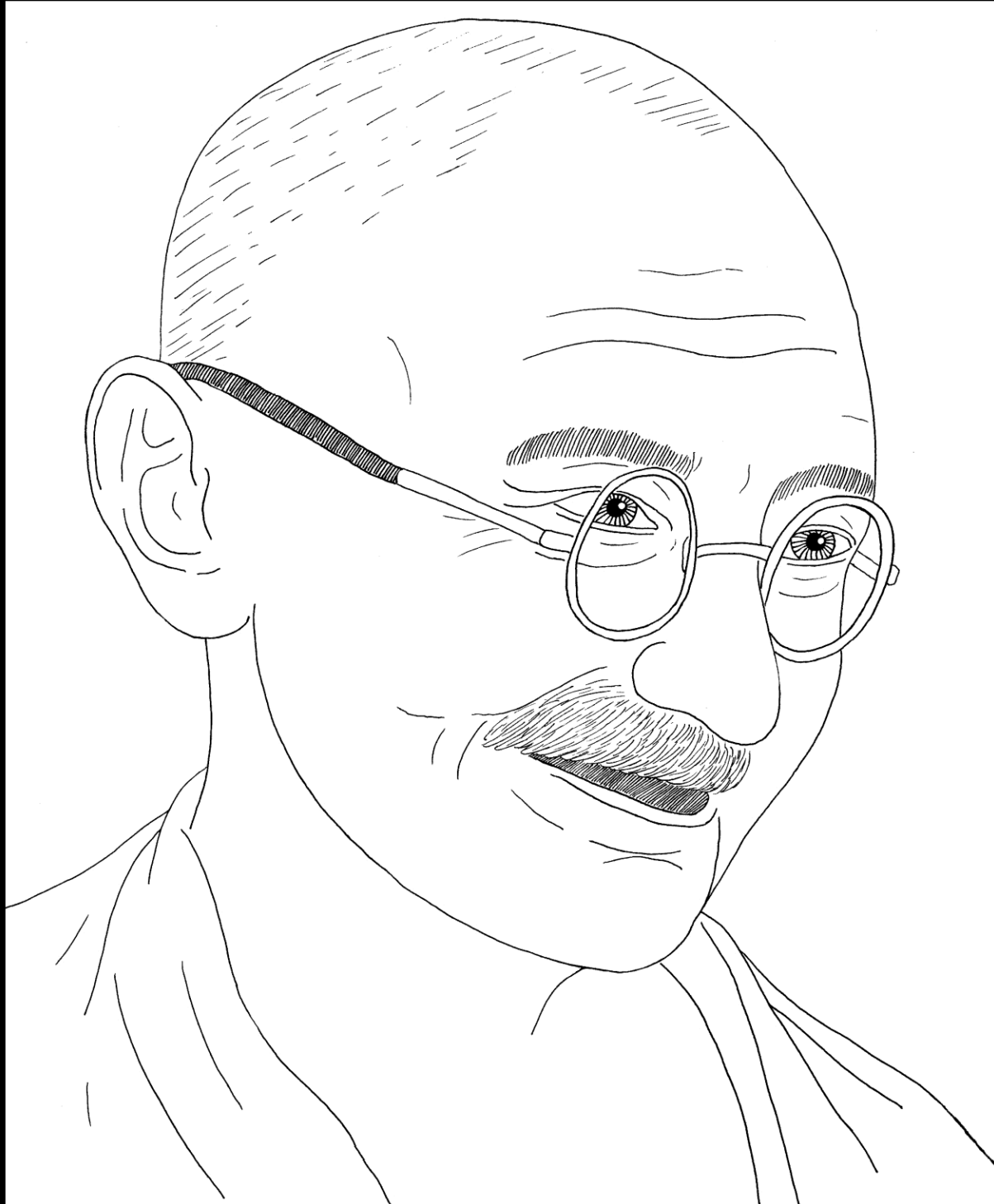
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"Truth resides in every human heart, and one has to search for it there, and to be guided by truth as one sees it. But no one has a right to coerce others to act according to his own view of truth."

-- Mohandas Gandhi

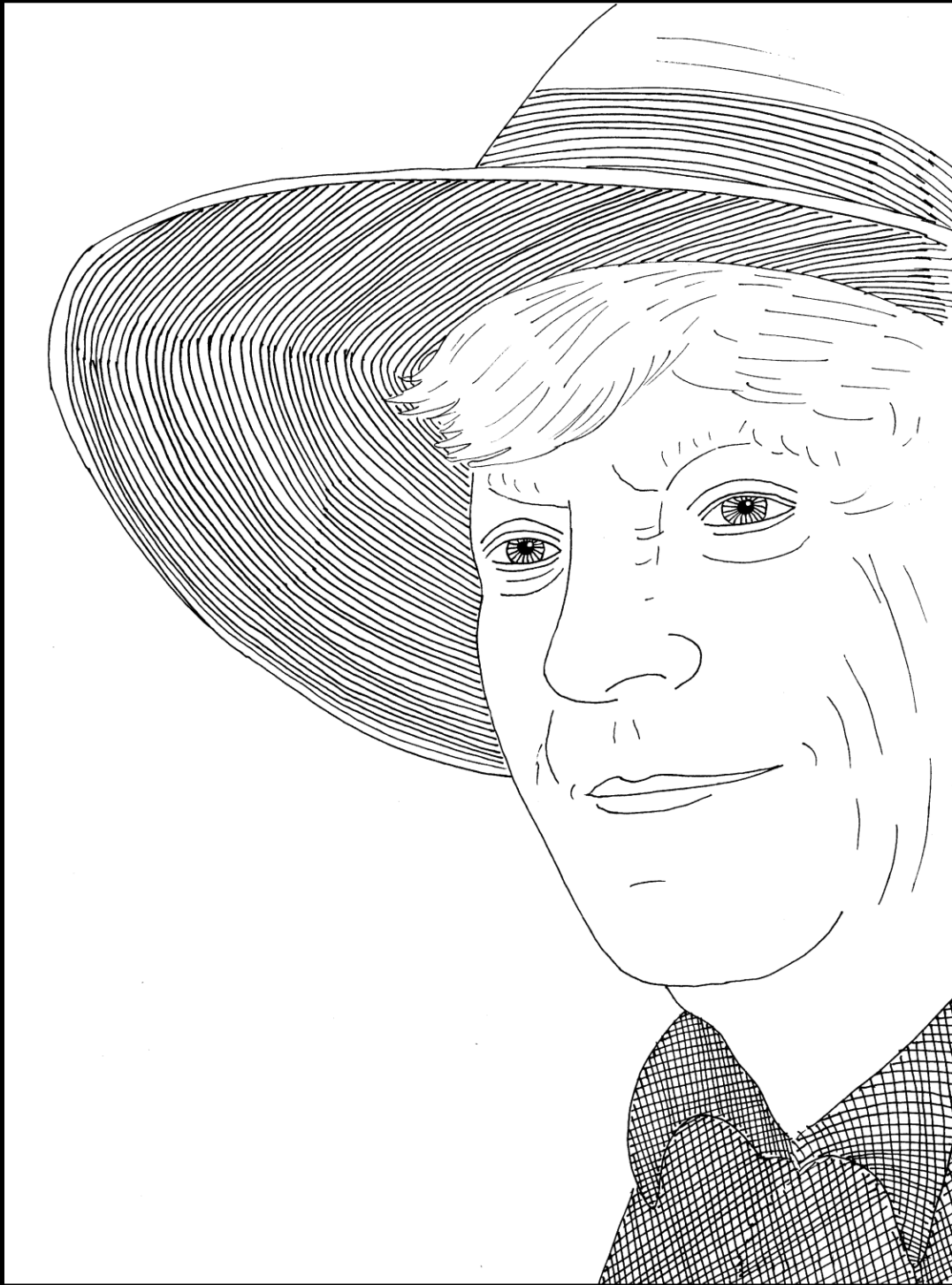
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"Never be discouraged from being an activist because people tell you that you'll not succeed. You have already succeeded if you're out there representing truth or justice or compassion or fairness or love."  
-- Granny D (Doris Haddock)

## Do One Thing for a Better World

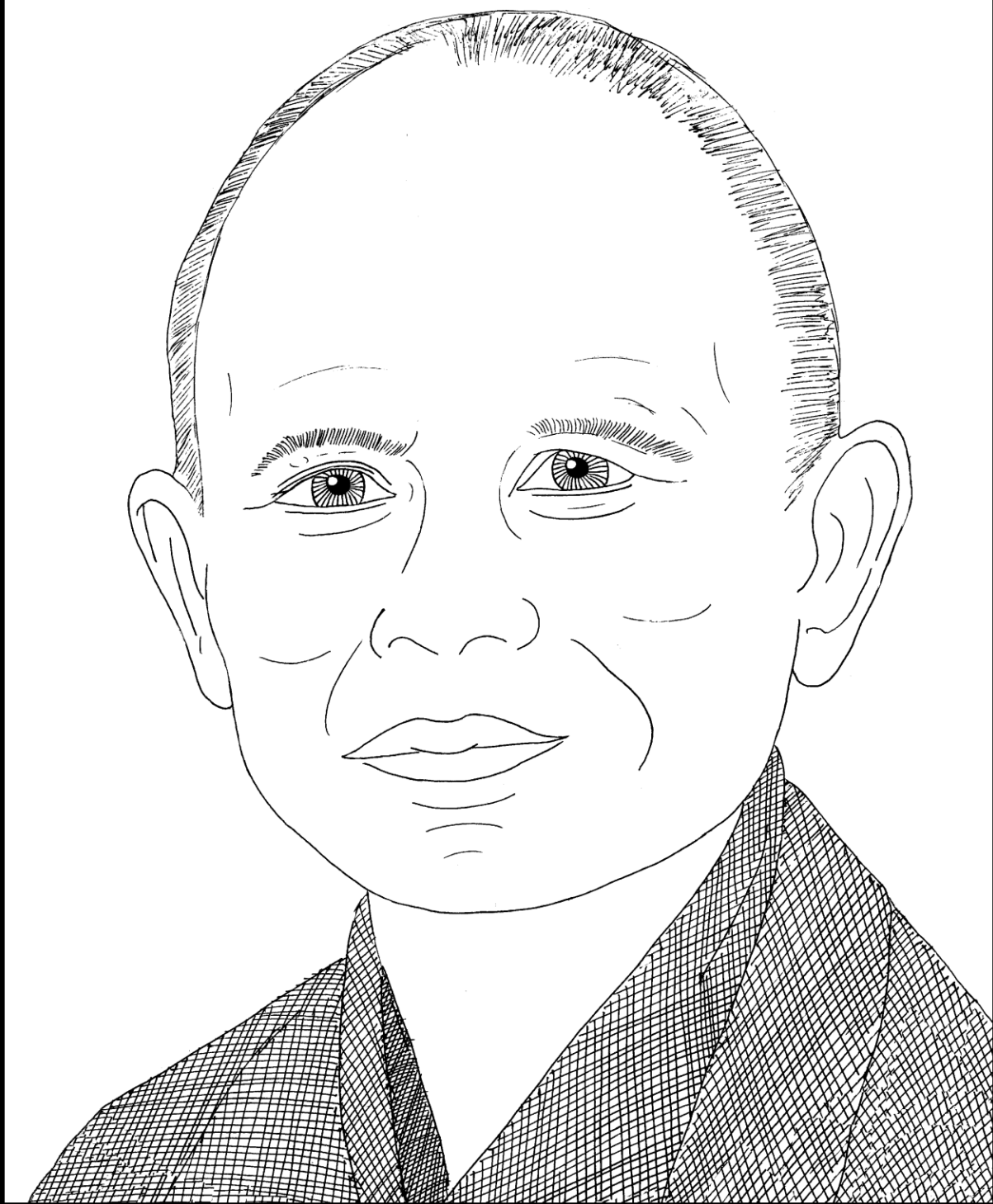
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"Do not be idolatrous about or bound to any doctrine, theory, or ideology, even Buddhist ones. All systems of thought are guiding means; they are not absolute truth."**

**-- Thich Nhat Hanh**

**Do One Thing for a Better World**

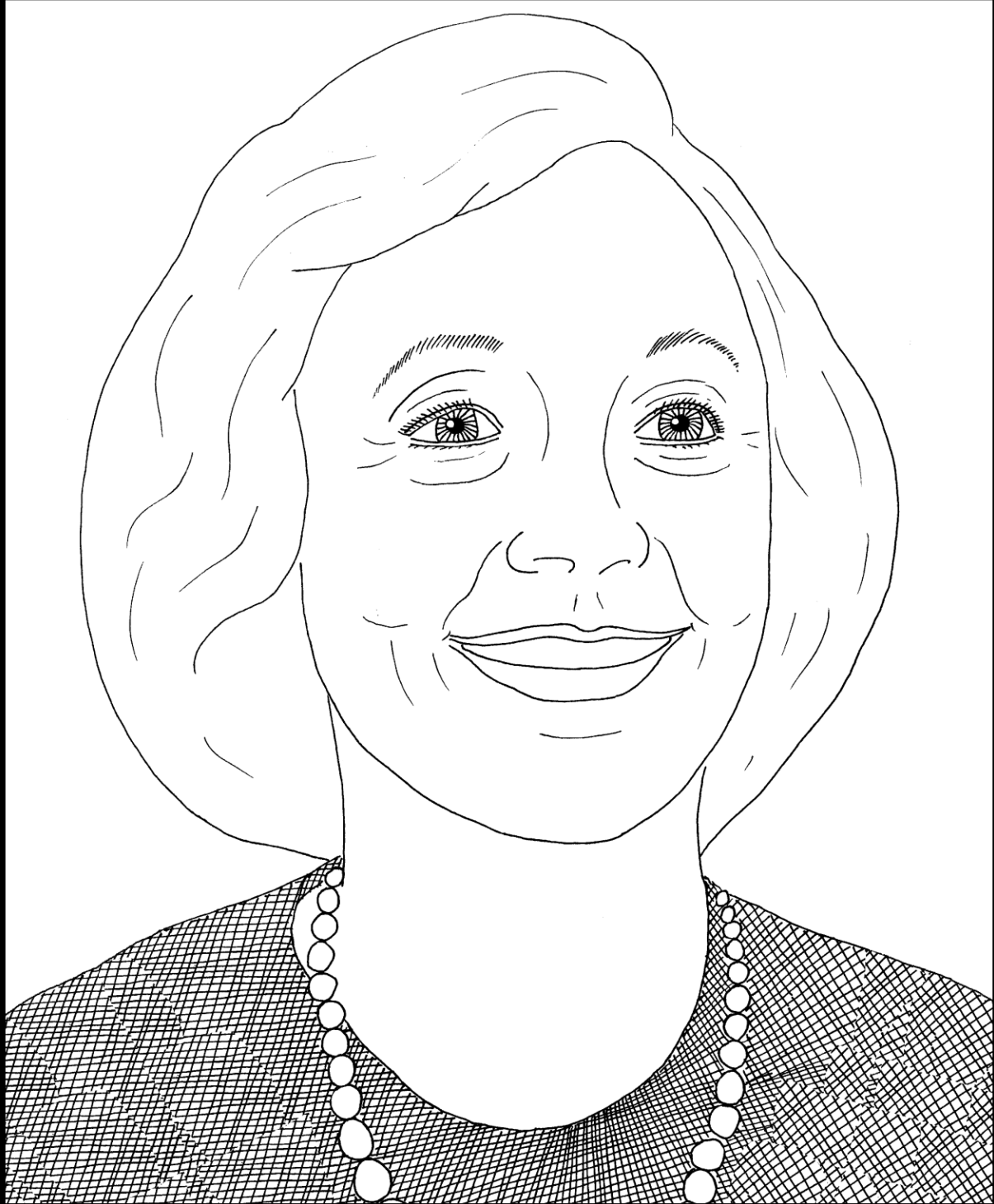
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"We hold these truths to be self-evident; All people are born creative; Endowed by our Creator with the inalienable right and responsibility to express our creativity for the sake of ourselves and our world."**

**-- Barbara Marx Hubbard**

## **Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The harder you try to suppress the truth,  
the more inevitable it is that it will find a way to come out."  
-- Arianna Huffington**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"I believe that ignorance is the root of all evil.  
And that no one knows the truth."  
-- Molly Ivins**

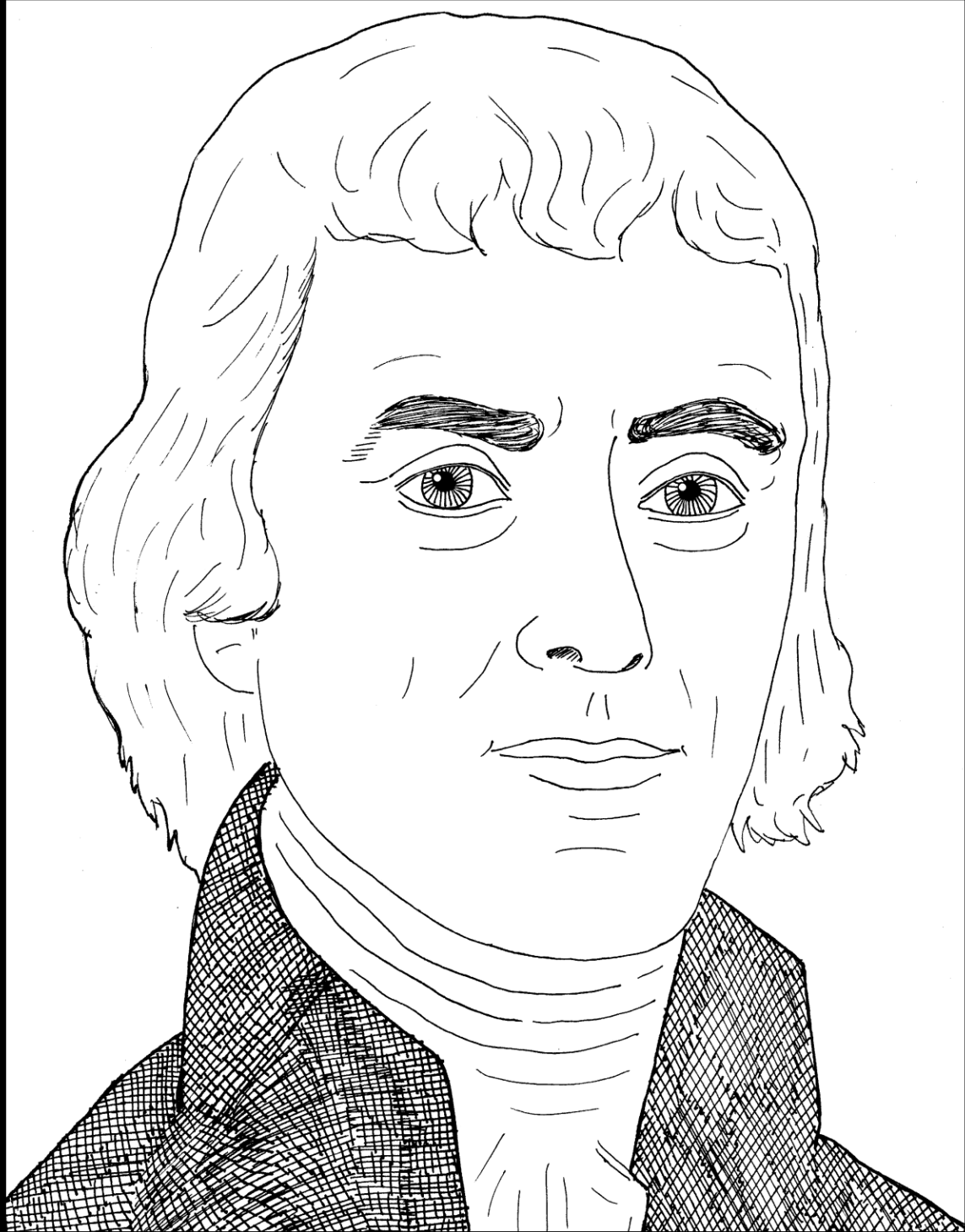
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

"We hold these truths to be self-evident--that all men are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are Life, Liberty, and the pursuit of happiness."

-- Thomas Jefferson

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"The great enemy of the truth is very often not the lie -- deliberate, contrived and dishonest -- but the myth -- persistent, persuasive and unrealistic."  
-- John F. Kennedy**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"It does not require many words to speak the truth."  
-- Chief Joseph**

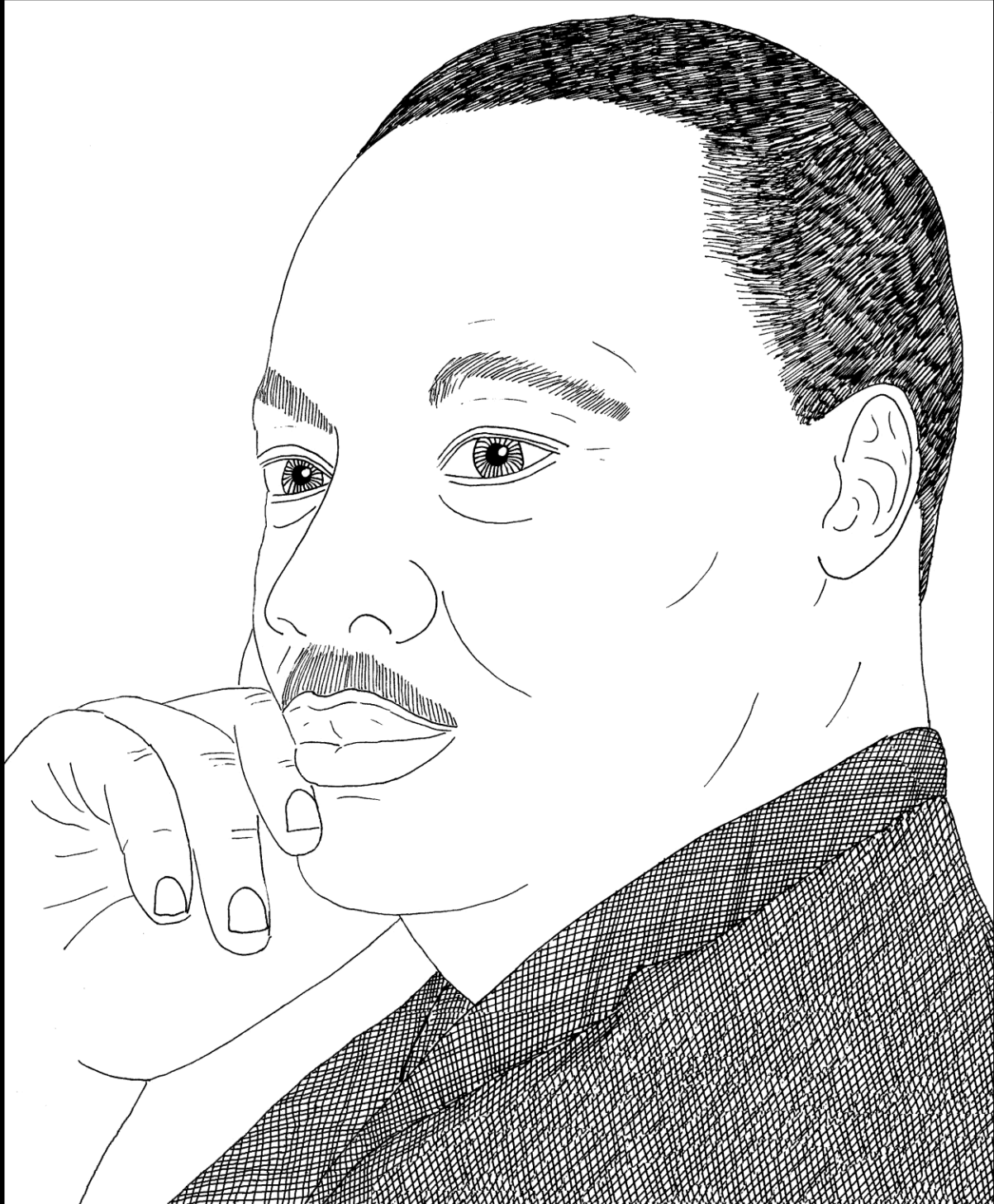
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word."

-- Martin Luther King, Jr.

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"...in place of the Old Bottom Line of money and power, a New Bottom Line of Love and Generosity is possible. People of all faiths need to shape a political and social movement that reaffirms the most generous, peace-oriented, social justice-committed, and loving truths of the spiritual heritage of the human race."

-- Rabbi Michael Lerner

## Do One Thing for a Better World

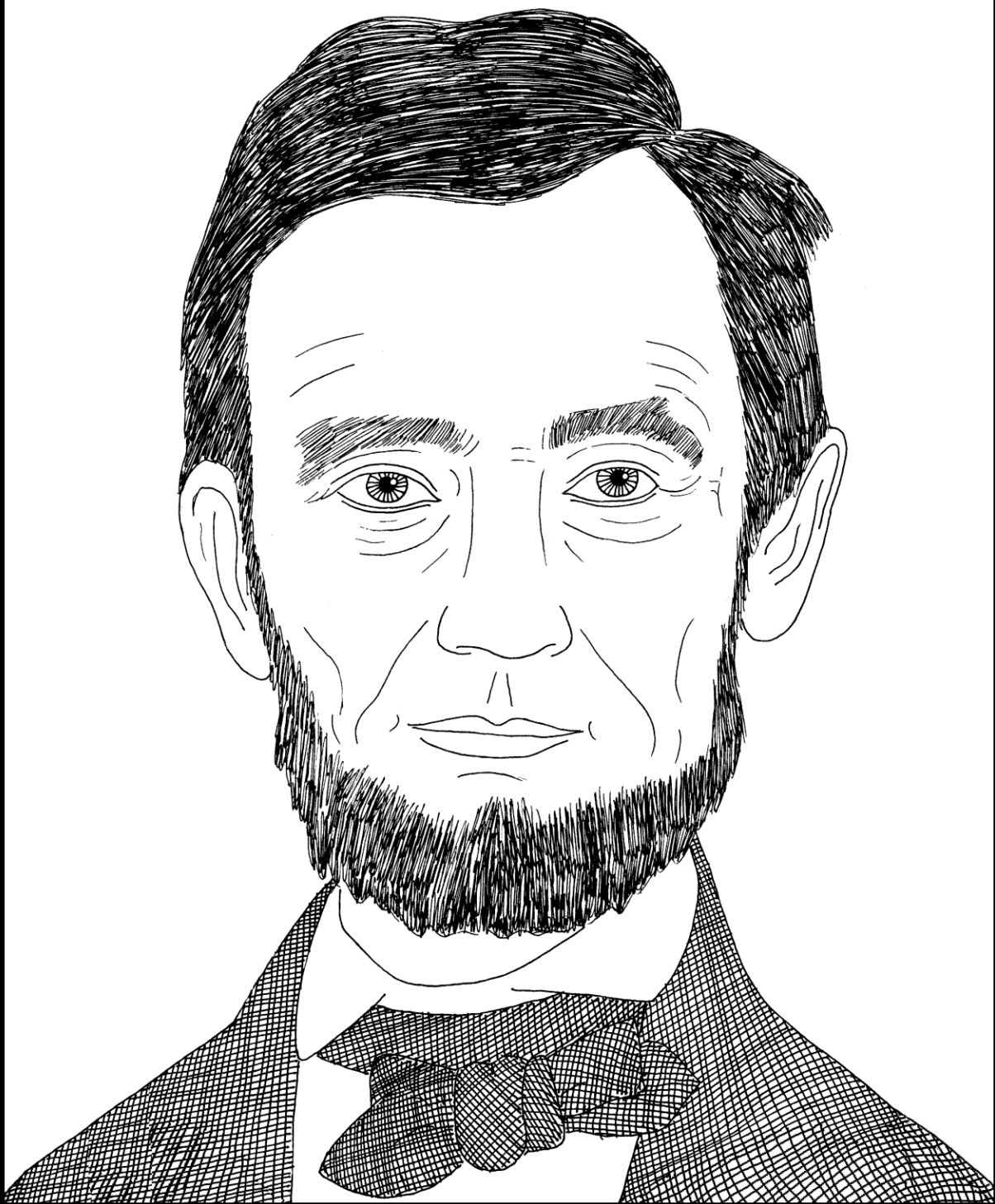
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all of the people all of the time."  
-- Abraham Lincoln (attributed)**

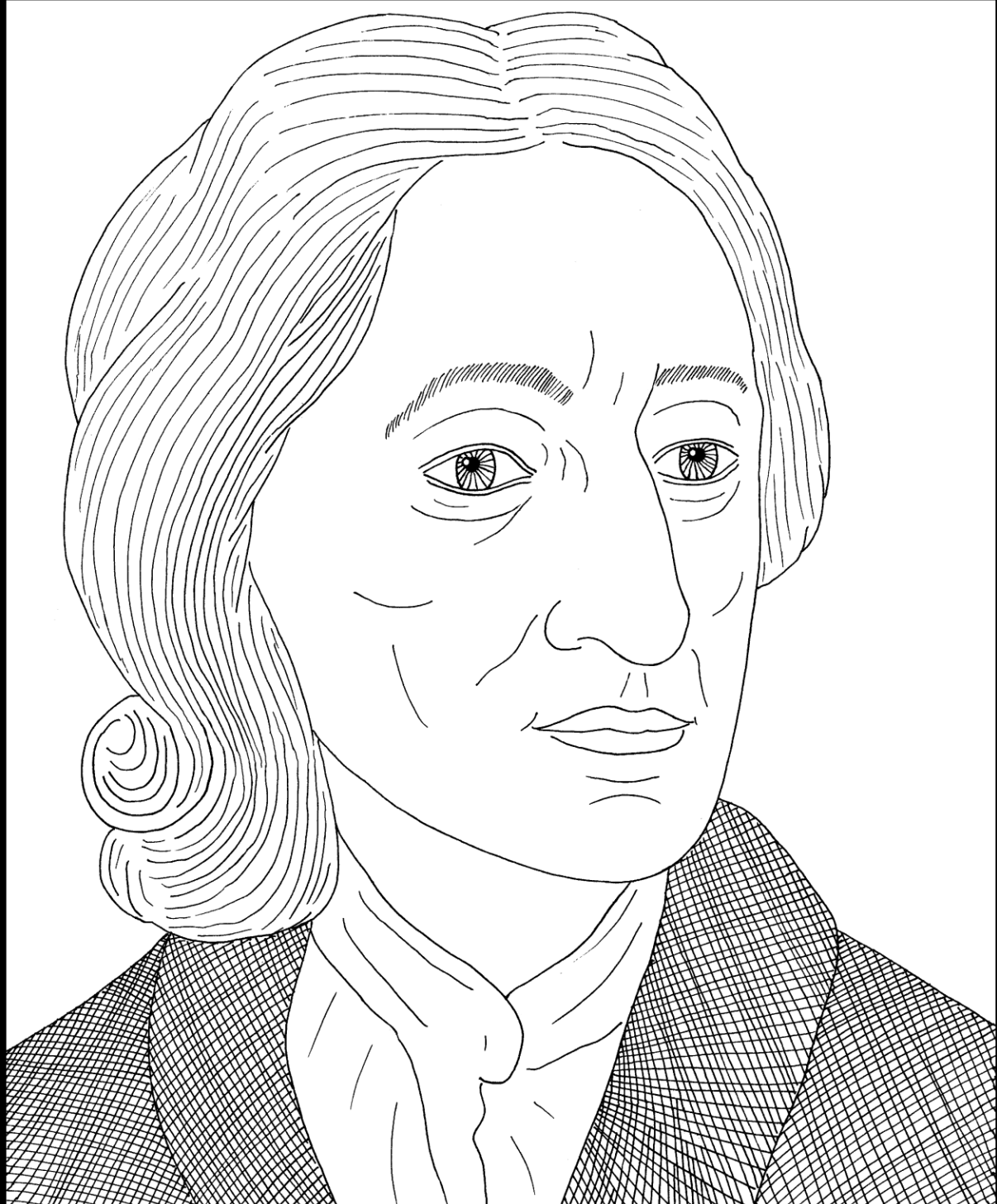
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"It is one thing to show a man that he is in error,  
and another to put him in possession of truth."**

**-- John Locke**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The more honest you can be, the less you have to hide...  
when I have nothing to hide, I have everything to give."  
-- Kenny Loggins**

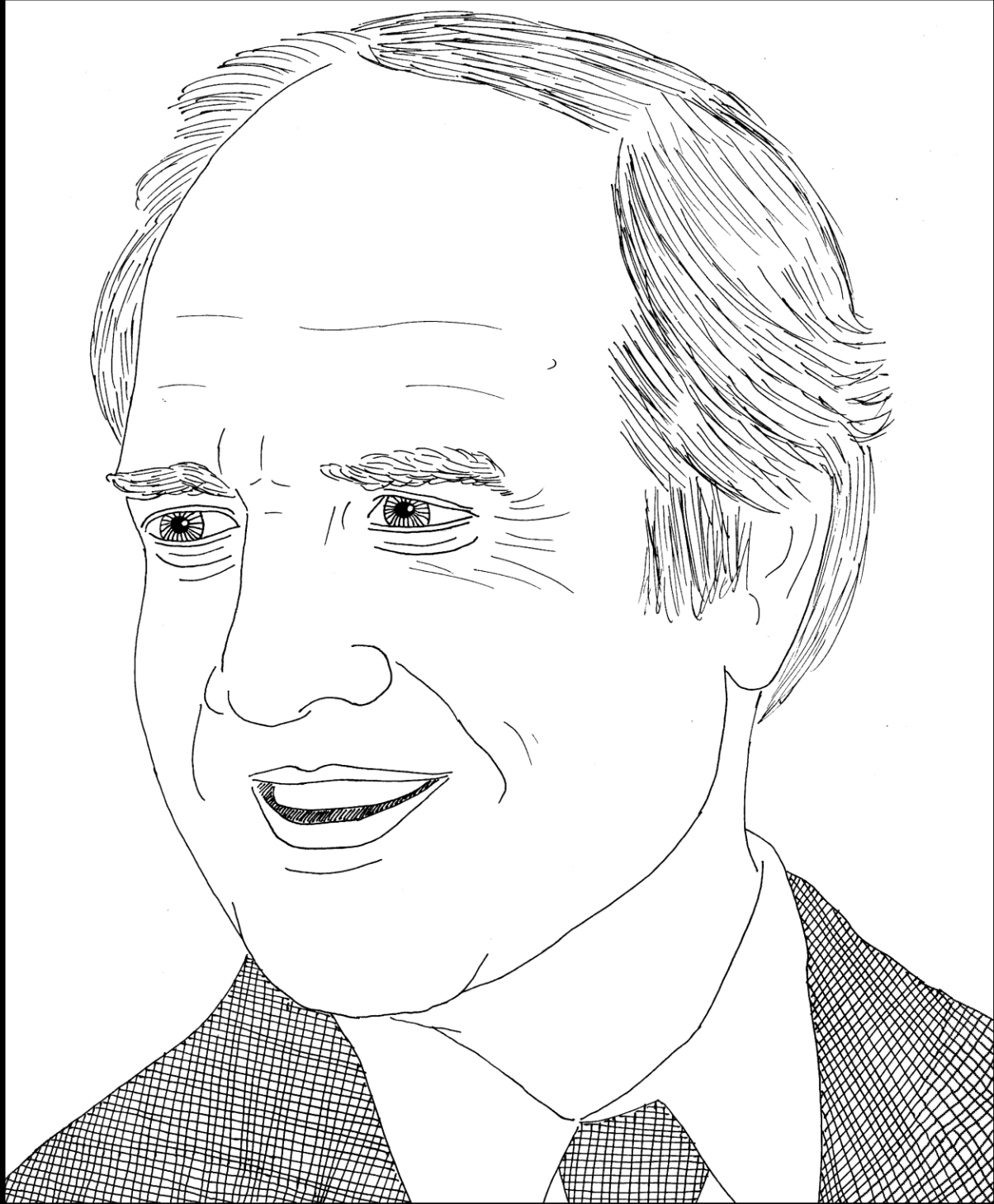
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

**"So, I think that's the centerpiece of morality: Don't lie. But to do that, you have to go a step further and find out what the truth is."  
-- George McGovern**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"I was brought up to believe that the only thing worth doing was to add to the sum of accurate information in the world."**

**-- Margaret Mead**

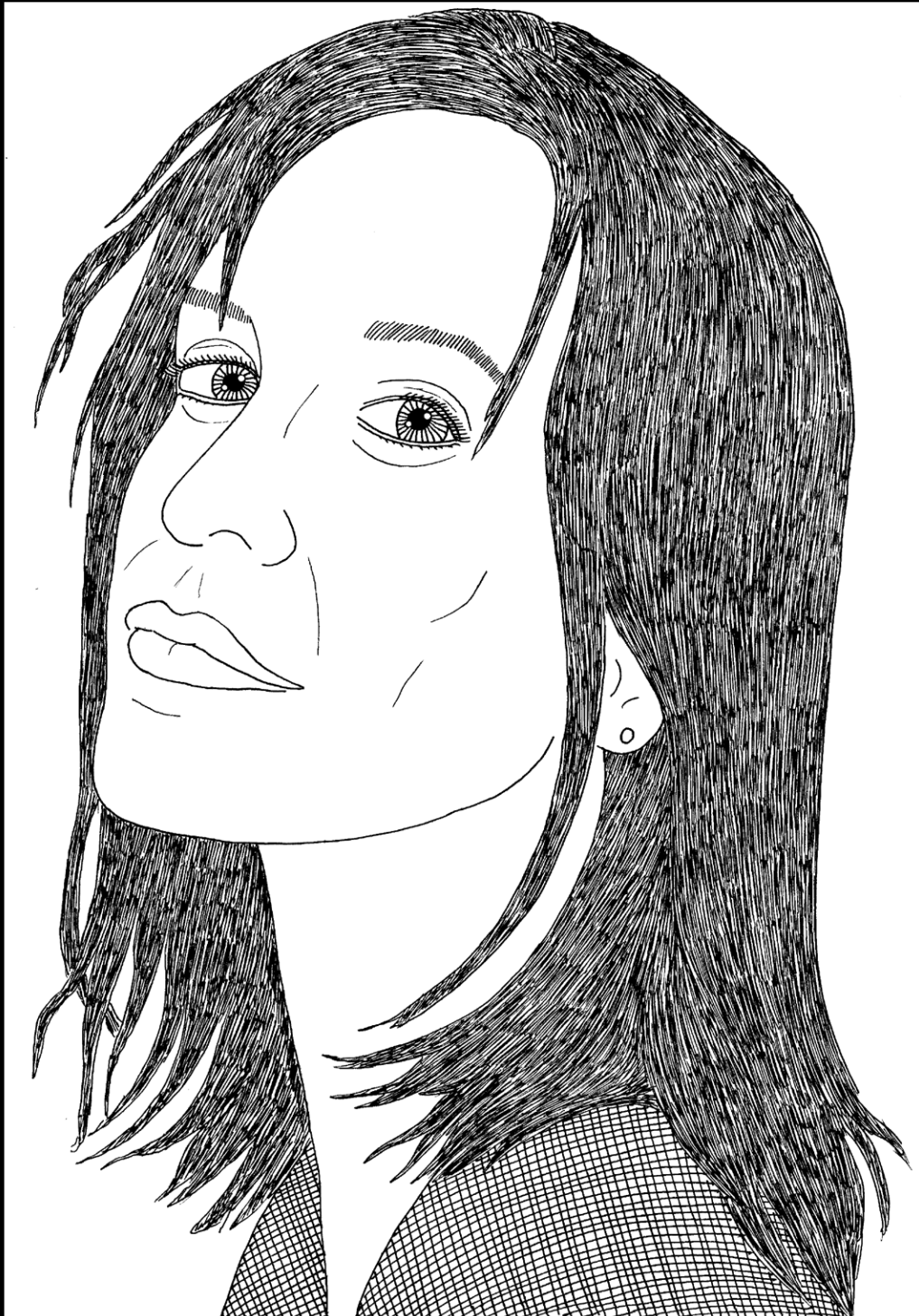
## **Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"I think everyone's hungry for the truth."  
-- Alanis Morissette**

**Do One Thing for a Better World**

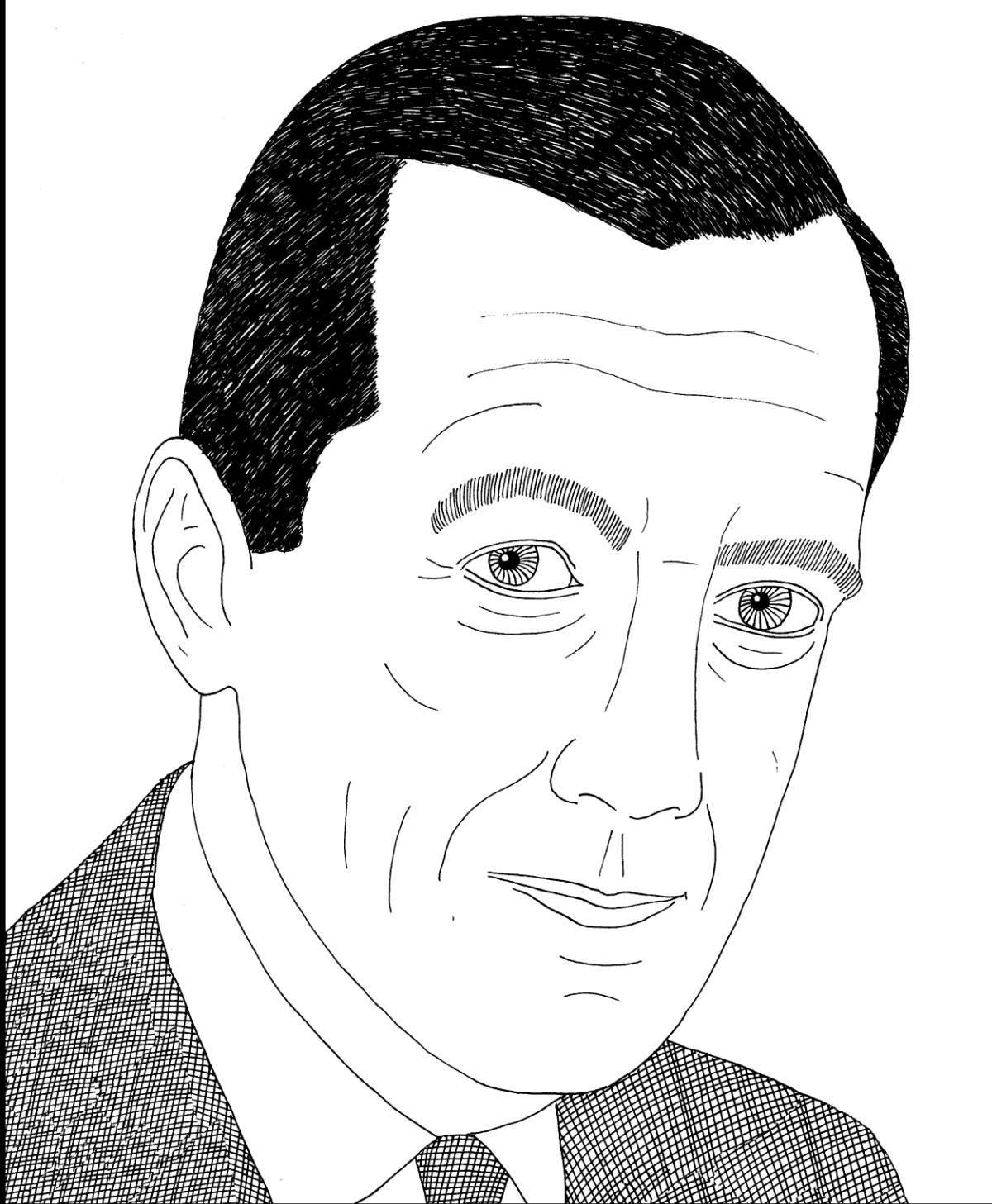
**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**



# BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"The speed of communications is wondrous to behold. It is also true that speed can multiply the distribution of information that we know to be untrue."

-- Edward R. Murrow

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"Let us be a little humble; let us think that  
the truth may not perhaps be entirely with us."  
-- Jawaharlal Nehru**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"This is the way of peace: Overcome evil with good,  
falsehood with truth, and hatred with love."**

**-- Peace Pilgrim**

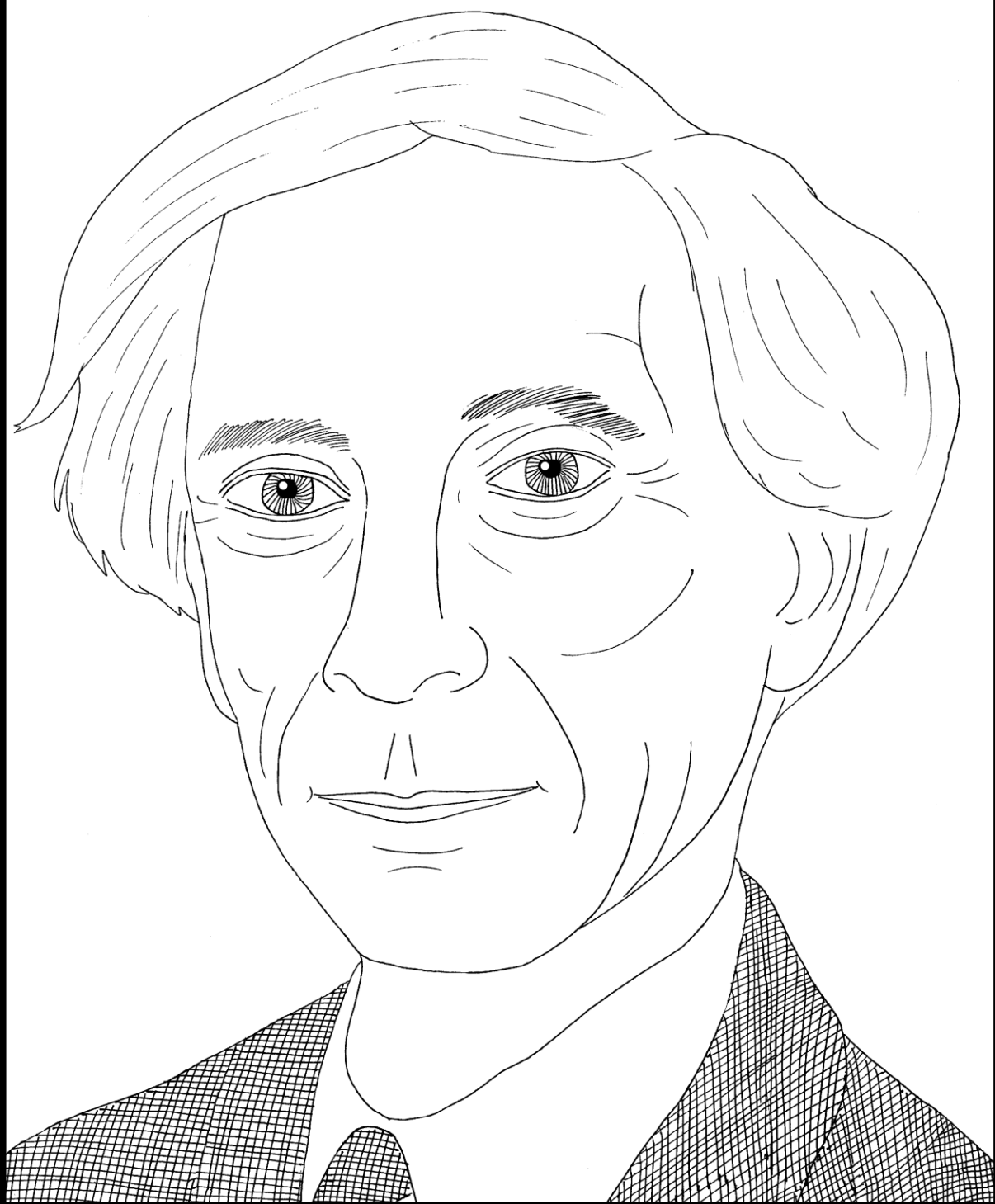
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it. If, on the other hand, he is offered something which affords a reason for acting in accordance to his instincts, he will accept it even on the slightest evidence."**

**-- Bertrand Russell**

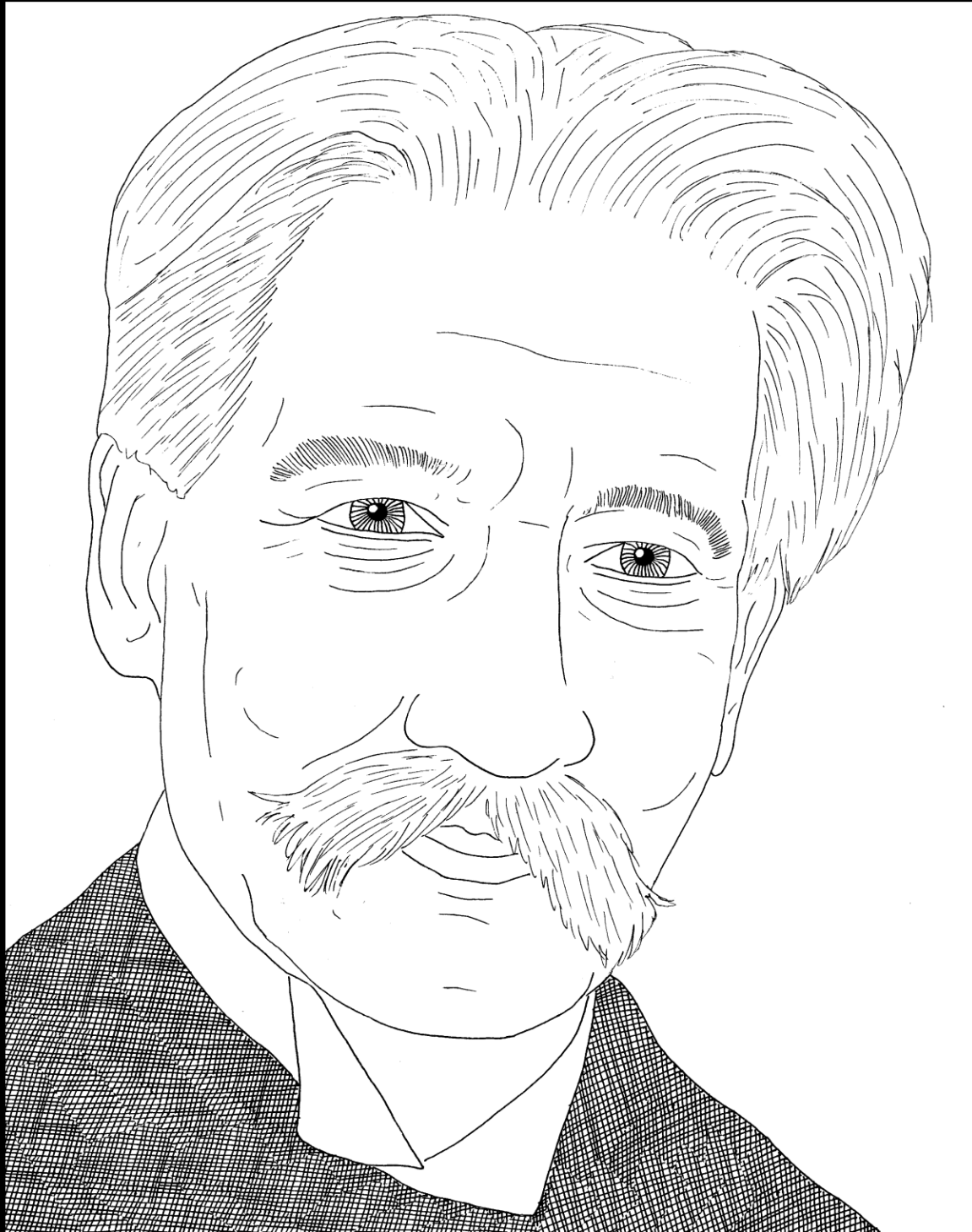
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"Because I have confidence in the power of truth, and of the spirit, I have confidence in the future of mankind."**

**-- Albert Schweitzer**

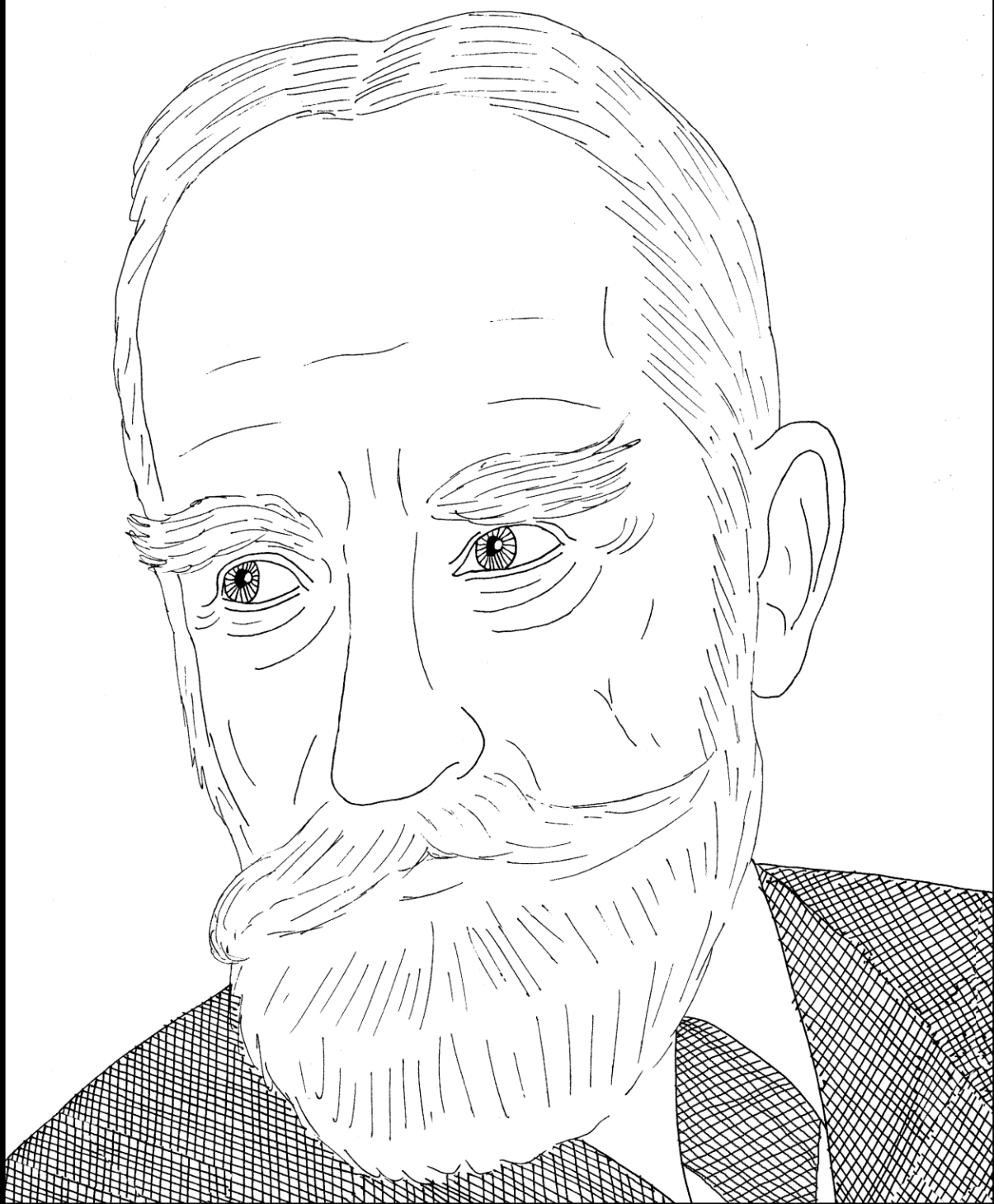
**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"New opinions often appear first as jokes and fancies,  
then as blasphemies and treason, then as questions  
open to discussion, and finally as established truths."**

**-- George Bernard Shaw**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"By consciously making an effort to be truthful on Tell The Truth Day, we remember that telling the truth really is the best policy not just on Tell The Truth Day, but everyday."**

**-- Robert Alan Silverstein**

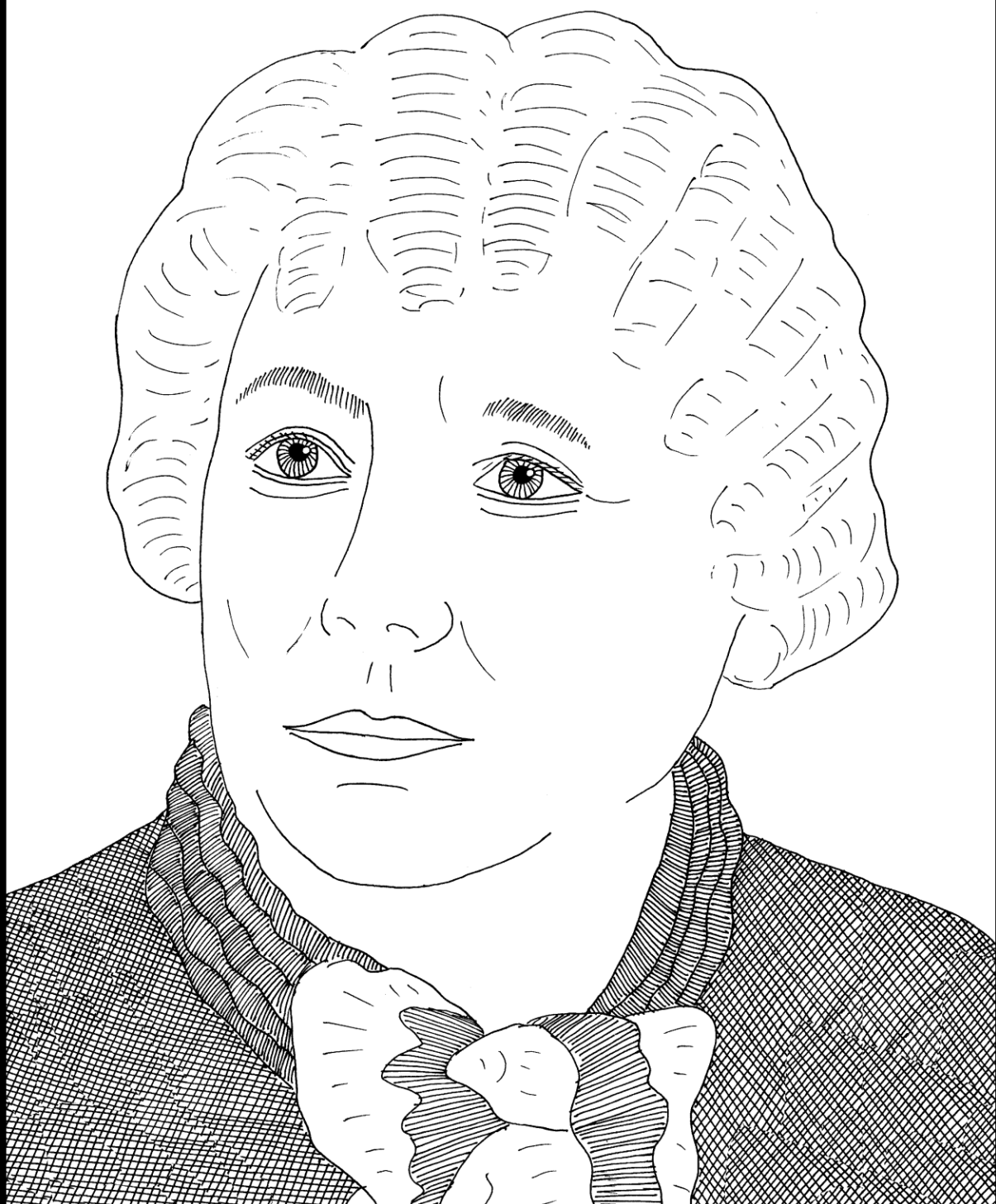
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"Reformers who are always compromising, have not yet grasped the idea that truth is the only safe ground to stand upon."  
-- Elizabeth Cady Stanton**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The truth will set you free. But first, it will piss you off."  
-- Gloria Steinem**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"I can't tell you how many times we'll run into a journalist and go, 'Boy that's...I wish we could be saying that. That's exactly the way we see it and that's exactly the way we'd like to be saying that.'

And I always think, 'Well, why don't you?'

-- Jon Stewart

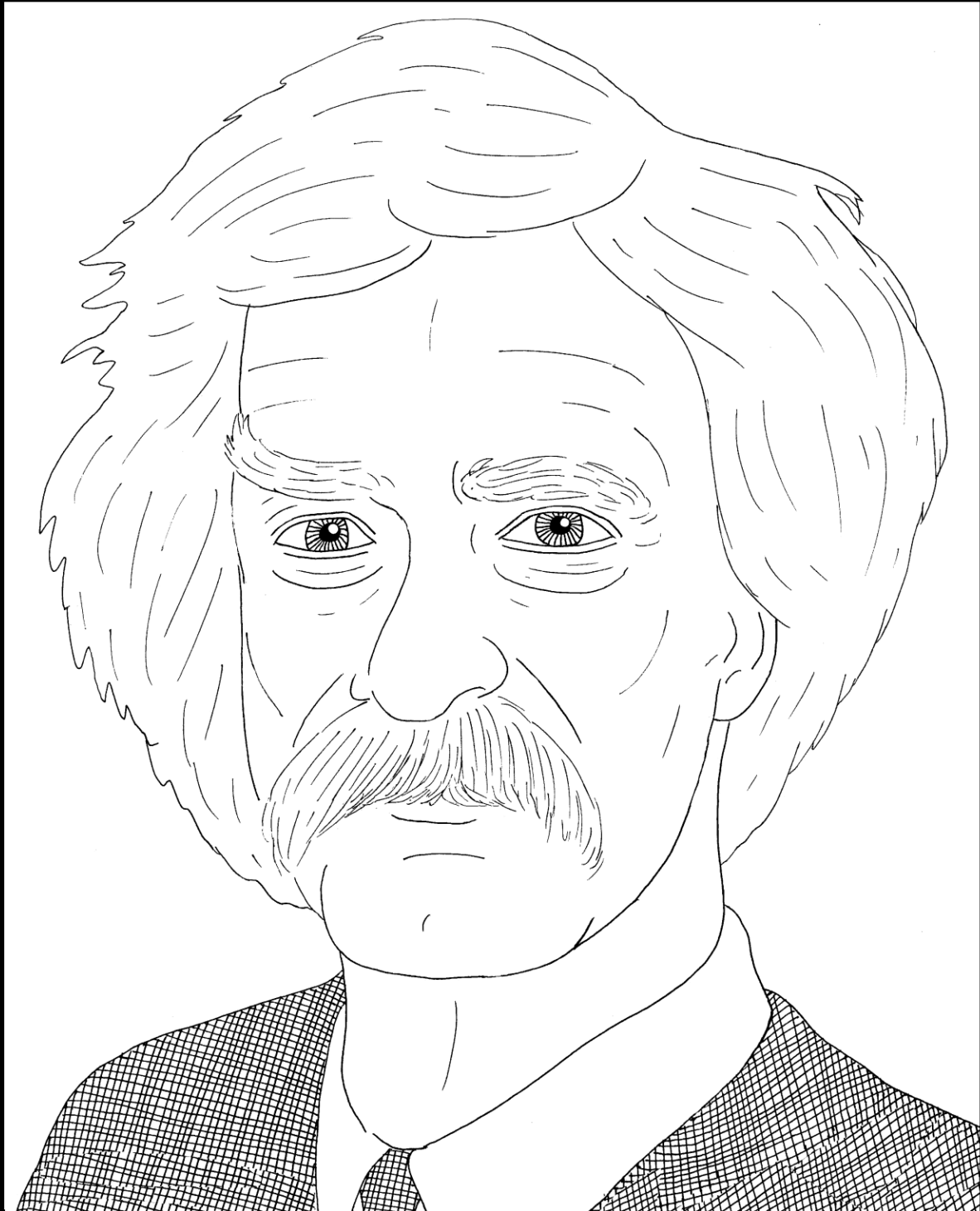
## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

**"Always tell the truth. That way, you don't have to remember what you said."  
-- Mark Twain**

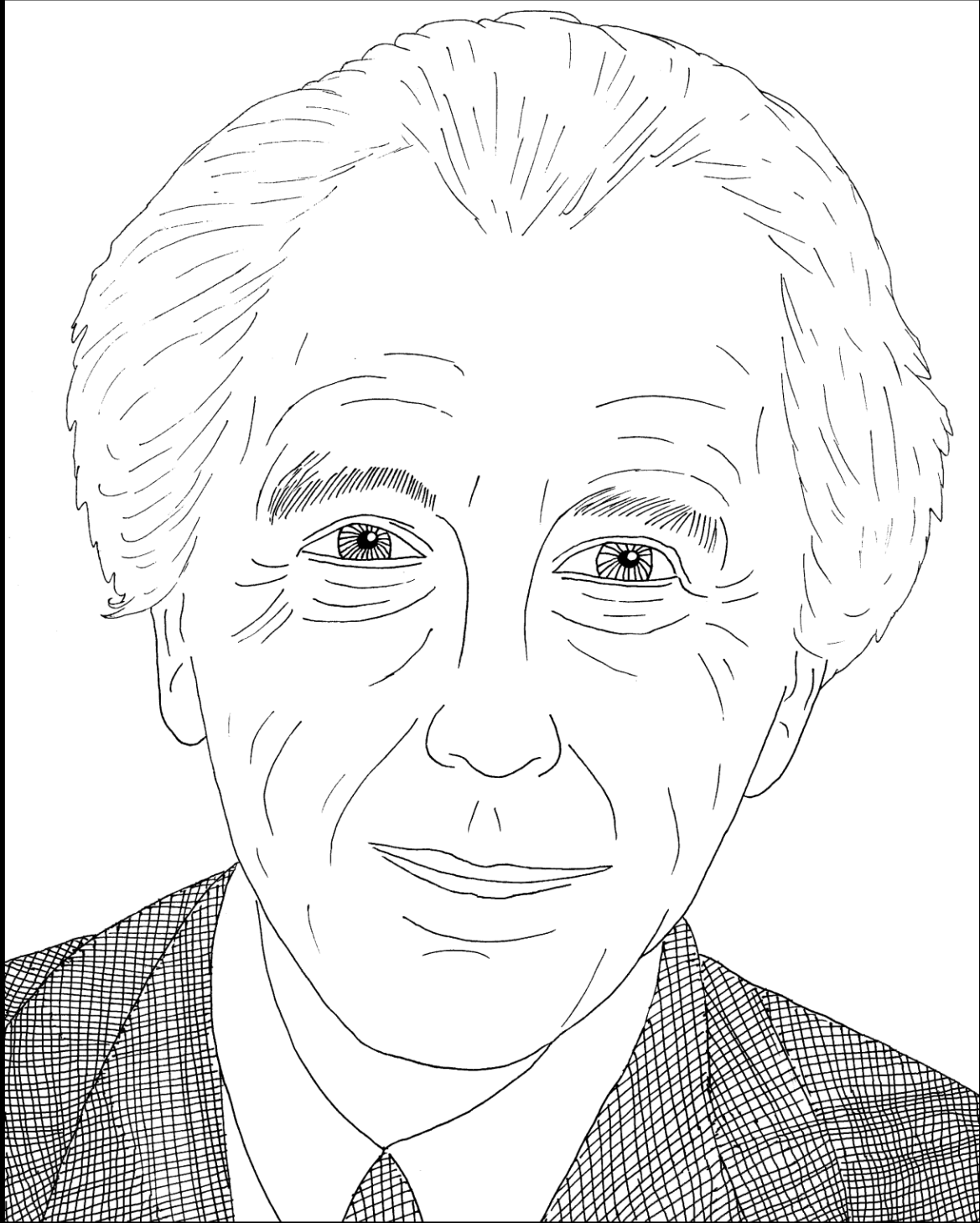
**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

**BE A HERO FOR A BETTER WORLD**

**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**



**M  
A  
K  
E  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E**

**"The truth is more important than the facts."  
-- Frank Lloyd Wright**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

**© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied**