

Be Fantastic International (BFI) is an all volunteer organization dedicated to kindness, teaching kindness and encouraging people to choose kindness. We have developed three commitments to kindness which is changing lives and will help make the world a better place. They are in order of importance:

- 1. Be KIND to yourself*
- 2. Be KIND to all others*
- 3. Be KIND to our environment.*

BFI has over 3400 Ambassadors of Kindness, we have over 120 WhatsApp groups in 40+ countries and 50+ cities spreading the three commitments to kindness. We have developed a kindness class curriculum which any age can teach, it has been translated to many languages. If you want to join us and help make the world a kinder and cleaner place we welcome you with open arms.

Children need to be taught the importance of kindness and all others need reminding. Please text your name, gender, email and city to 12137889109. Our websites are drfantasticsworld.com and befantastictoday.com. We post motivational, educational and informational videos each day on our YouTube channel 'Be Fantastic'. Join us today. What you want to be, you can be, Be Fantastic. Dr. Fantastic