

5E (18) Catherine

### Good People, Good Deeds

John Felix Anthony Cena, also famously known as John Cena, born on April 23, 1977, is an American actor, author, and retired professional wrestler. She is 48 years old as of today. He grew up in West Newbury, Massachusetts, a small town where he was often bullied as a scrawny preteen, which inspired him to start weightlifting at age 12. This background shaped his core philosophy of 'Hustle, Loyalty, Respect' and 'Never Give Up'. He champions themes of kindness and appreciation by granting over 650 wishes for children through the Make-A-Wish Foundation, which is more than any other celebrity. His message emphasises authenticity, positivity, and hard work to become a better person.

In 2022, a young John Cena viewed his career through a lens of personal ambition, initially feeling indifferent to charitable obligations. This changed when he was 'dragged into a room' to meet a Make-A-Wish family 'by accident'. Witnessing their struggle sparked a profound realisation of his platform's power. Veteran wrestler Rikishi exemplified kindness, mentoring Cena on humility after brutal match, which shattered Cena's initial apathy. To show appreciation, Cena resolved to never turn down a wish, famously granting over 650 wishes – a Guinness World Record. He often spends hours with families long after cameras depart. This kindness spread throughout the WWE community, inspiring stars like Kevin Owens and Shoutz to follow his lead. Today, the community atmosphere has shifted from a cutthroat locker room to one of collective social responsibility, where 'Hustle, Loyalty, Respect' is a standard for all.

John Cena's journey from indifference to empathy proves one small act of kindness granting a single wish can transform countless lives. This legacy reminds us that everyone has the power to uplift another. Choose empathy today; your small action could start a wave of global change.