

# 31 WAYS TO *Pay It Forward*

The idea behind *'pay it forward'* is that when someone does something kind for you, instead of reciprocating the deed back directly, you pass it on to somebody else; hence the phrase, pay it forward. The theory is that not only will you make another person happy, you will also set in motion a chain reaction that can make a positive difference in the world. Of course, you don't have to wait until someone does a good deed for you. You can be the one who sets it all in motion by performing the first act of kindness.

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| 1 Tell someone you love that you love them.              | 2 Greet people with a smile.             | 3 Donate books or clothes you no longer need to charity.  | 4 Offer your services for free.   | 5 Give the gift of time – read to children. | 6 Adopt a pet that needs rescuing.                | 7 Volunteer your time somewhere that needs it.                                  | 8 Invite someone new to your home for dinner.                                       |
| 9 Write a positive review online about a local business. | 10 Say 'yes' when someone asks for help. | 11 Pick up litter.  | 12 Ask for donations to a cause instead of birthday gifts.                        | 13 Do a good deed for someone in need.      | 14 Offer to carry someone's grocery bags.         | 15 Learn CPR. You could save someone's life.                                    | 16 Take the Mental Health First Aid (MHFA) Training. You could save someone's life. |
| 17 Offer to take a photo for a tourist.                  | 18 Give a shout out to someone online.   | 19 Help a friend move house.  | 20 Leave the most generous tip you can afford for a great server in a restaurant. | 21 Compliment someone sincerely, every day. | 22 Acknowledge people when they walk into a room. | 23 Let someone go ahead of you in a queue.                                      | 24 Shop at local businesses.  |
| 25 Stand up for someone who is being treated badly.      | 26 Spread good news.                     | 27 Send a note to someone going through a tough time, letting them know you are there for them. | 28 Let other drivers merge in front of you.                                       | 29 Hug a friend.                            | 30 Donate blood.                                  | 31 When someone wants to repay you for a good deed, ask them to pay it forward! |   |