

pay it forward day



Friday 16th
March, 2007

The Ripple Effect Begins

Many of you may have seen the movie 'Pay It Forward', a story about a young boy who did 3 good deeds for others in need.

In return, all that the child wanted was that they pass on the good deed to three other people and keep the cycle going. One good deed might not

seem like much, but if everyone did something good for someone else, then the cycle of generosity and kindness can spark us to become better people.

▶ Please join with me on
Friday 16th March and
'Pay It Forward.'

How it Works?

Do between one and three good deeds for others without asking for anything in return. Instead the recipient should be instructed to pay it forward

to someone else in need. The Pay it Forward part can be completed at each person's discretion and anytime after 'Pay It Forward Day'

Sample Good Deeds:

- * Giving someone a gift
- * Giving up your seat on a bus or a train for someone else
- * Not charging a client for work
- * Buying a train or bus ticket for a stranger
- * Paying the toll for the car behind you
- * Giving flowers to a sick person in hospital
- * Cleaning someone's car
- * Weeding a friend's garden
- * Buying a gift for a sick child in hospital
- * Donating money to your favourite charity
- * Offering a homeless person some food vouchers
- * Giving a struggling family some help

The deed can be as big or small as you would like to make it.

Why Pay It Forward?

There is tremendous power and positive energy in giving - it is a shame that not enough people have experienced it to the fullest. Pay It

Forward Day is about all people, from all walks of life, giving to someone else. To encourage us to embrace the incredible power of giving.

To show each other that we care and that there is love, hope and magic all around us. 'It is not how much you do, but how much love you put into the doing that matters.'

Mother Teresa

Make a difference and experience the true power of giving on Friday 16th March 2007. Join with me and let's see how far 'Pay It Forward' can go!

Thank you for your support.

Blake Beattie

Director of Life Changing Experiences
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