

PAY IT FORWARD IDEAS

1. Hold the door open for the person behind you.
2. Introduce yourself. Make new colleagues, classmates, etc. feel welcome.
3. Clean out all your old clothes and donate them to someone in need. Your old is someone else's new.
4. Buy house warming gifts for new neighbors.
5. Share your umbrella with a stranger on a rainy day.
6. Check up on someone who looks lonely.
7. Let someone with only a few items cut you in line at the grocery store.
8. Give words of encouragement to someone about their dreams, no matter how big or small they are.
9. Stop and buy a drink from a kid's lemonade stand.
10. Help someone get your parking space in a crowded parking lot when you're leaving.
11. Babysit for couples or single parents who don't get out much so they can have some alone time.
12. If someone you love really likes something (a meal, a favor, etc.) give it to them when they least expect it.
13. Pay for the person in line behind you.
14. Drop off your old eye glasses at your local *LensCrafters* as a donation to the *OneSight* program.
15. Create a care package and send it to an active duty military unit.
16. Redirect gifts. Instead of having people give you birthday and holiday gifts, ask them to donate gifts or money to a good cause.
17. Become a mentor or tutor to someone in need.
18. Help the weary shopper in front of you who needs that extra two or three cents to avoid breaking a 20-dollar bill or pay for their groceries.
19. Come to the rescue. If you realize someone is sick, bring them some hot tea, soup, etc.
20. Be a courteous driver. Let people merge in front of you.
21. Put some change in an expired parking meter.
22. Offer your seat to someone when there aren't any left.
23. Hug a friend. Let them know how important they are.
24. Bake cookies or brownies and share with a neighbor or colleagues.
25. If you have a good book you've read that's just sitting around on a book shelf, give it away to a friend.
26. Send a nice email or handwritten card to someone you know, unexpectedly.
27. Leave encouraging post-it notes in library books and other random places.
28. If you see a couple taking a self-pic, offer to take the picture for them.
29. Donate cat and dog food to an animal shelter. Call and ask what is needed.
30. Compliment someone who deserves it.
31. When you're getting fast food, buy an extra meal for a homeless person.
32. When someone wants to repay you for something, ask them to pay it forward.