



You can 'Pay It Forward' anytime you like. If you decide not to 'Pay It Forward' then no-one will know but you. Thank you for your support, and we hope your day has been made that little bit brighter by someone's heartfelt gesture.

Congratulations!

You have received a 'Pay It Forward' card. This means that someone has completed a good deed for you and they wish for nothing in return. All they want is that you pass on this card, along with a good deed to someone else in need. It can be as big or small a deed as you would like to make it.



Visit www.payitforwardday.com



Please tick one box before
Paying It Forward.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please Visit:

www.payitforwardday.com
and tell us your Pay It Forward story

Examples



Raise funds for your favourite local charity
(Ideas include: selling chocolates; sausage
sizzle; school competition etc.)



Helping someone else in need



Send flowers to a local hospital or nursing home



Assist an elderly neighbour with the gardening