



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](http://www.payitforwardday.com)**



Please tick one box before  
Paying It Forward.

|                          |                          |                          |                          |                          |                          |
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Please Visit:

[www.payitforwardday.com](http://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