

Pay It FORWARD

It's easy to focus on the wrongs that people do to us. PAY IT FORWARD is the concept of repaying a good deed by doing something nice for someone else.

List 3 nice things that someone has done for you lately.

List 3 nice things that you can do for someone else this week.



Do your little bit of good where you are: It is those little bits of good put together that overwhelm the world. -Archbishop Desmond Tutu, South African religious and civil rights leader