

## Pay-It-Forward Intention

- ❑ **Make a commitment.** Kindness is contagious. Pledge to become a positive role model in your community, at work, in your personal life, or globally.
- ❑ **Apply any of the Four Aspects of Service** (time, essence, talent, and money). Apply one that fits your personality or one that means the most to you. Try out all four methods to discover which one is most comfortable. Consider tackling one that makes you stretch as well.
- ❑ **Expand your thoughts and actions outwards.** Make a sincere effort to reflect the behaviors of a kind and generous person, such as assisting a friend or colleague who feels overwhelmed. Ask what you could do to be of service to them or to a patient.
- ❑ **Combine your methods of giving.** Once the choice has been made to be of service to your community, try mixing your methods so you are being generous both with your financial donation and your spirit, by giving of yourself in a “hands-on” way—roll up your sleeves and become more personally involved.
- ❑ **Look around your community.** Working alongside others in your community creates a deeper sense of belonging. Begin with researching charitable causes or people you are passionate about serving. Your choice should be one that you know you can connect with either on a short- or long-term basis. Volunteer your talents and skills to make a difference to this individual or group.
- ❑ **Don't judge what you can do—just do something.** Start giving in small ways. A few dollars or a can of food goes a long way when added together with a collection of other donations. Communities thrive because of many small acts of kindness that make up a greater whole.
- ❑ **Create positive giving habits.** Random acts of kindness are great; making them a conscious habit and a way of life is even better. Make it a practice to do something good for someone, or something, a minimum of two or three times a week.
- ❑ **Invite in uncomfortable situations.** You may not know what to do or say, and that is okay. Remember that your actions will speak louder than words. Aim to reach out to those who make you feel uneasy. Perhaps you may have some judgments about them. By talking with a homeless person, for example, you will begin to break down barriers that cause separation and start to connect as human beings.

Resource: *Compendium12* by Olivia McIvor