

10 Ways to Pay It Forward

"Every act of kindness grows the spirit and strengthens the soul."

- Donate unused household & clothing items.
- Deliver food to people in need.
- Make a difference for an animal.
- Lead a book drive.
- Curate care packages for the homeless.
- Send some love to an elder.
- Adopt or help a family in need.
- Plan ways of surprise giving.
- Lift a soldier's spirits and say "Thank you".
- Run or walk for a cause.