

Pay it forward

The Pay it forward Challenge invites you to help one person in a big way. Paying it Forward may traditionally involve helping three people, but starting with one person can be great and is a lot less overwhelming. You get to determine what a “big way” means. If the person wants to pay you back for what you’ve done, you need to insist that they “pay it forward.”

Most of us would like to help someone in a big way, but doing something so substantial may be intimidating. When you are deciding what to do, listen to your heart and trust your impressions. By accepting this challenge you could literally change someone’s life. Imagine how that would feel. There’s a good chance that the life you change the most is your own.

(This challenge is from Tad Mitchell, 101 Challenges, Pay it Forward)

Name: _____ (open to employees and spouses)

What you did (keep who you did it for confidential) _____

How did this challenge help you? _____
