



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.



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Please tick one box before Paying It Forward.

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**Examples**

- Returning someone's shopping cart
- Buying someone a gift
- Giving a homeless person food voucher
- Not charging a client for work
- Paying for a stranger's coffee
- Helping someone else in need



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