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Gary's Pay It Forward Technique

Pay It Forward: doing something good for someone you don't know without expecting anything in return.

How I do it –

- Fold a \$20 bill and attach a Post-It sticker with the words **Pay It Forward** on it (see picture below).
- Have the money conveniently available to give away, eg in your pocket or hand.
- Go to a place where people buy everyday items, eg drug store, grocery store, convenience store, fast food restaurant, etc.
- Look around and see if you can spot someone who looks like he/she might appreciate a little help.
- Approach that person and politely say a few opening words. For example, “Excuse me but I was hoping you could assist me with my desire to help someone I don't know have a happier day”.
- If they are receptive, briefly explain that you want to do something for them and do not want anything in return.
- Hand them the money and perhaps add that if they don't need any help currently, tell them to “pass the money along” to someone they know (or don't know) who might appreciate it.
- Usually I sense a positive feeling although sometimes it is hard to see the smile with so much mask wearing.
- Typically then I walk away and let them enjoy their good fortune and privacy.
- I know I get a good feeling and am optimistic that they do too AND I hope that they might try the “pay it forward” concept.

I'm sure many of you can come up with even better techniques to “Pay It Forward” and I encourage you to do so.

