April
PAY IT FORWARD

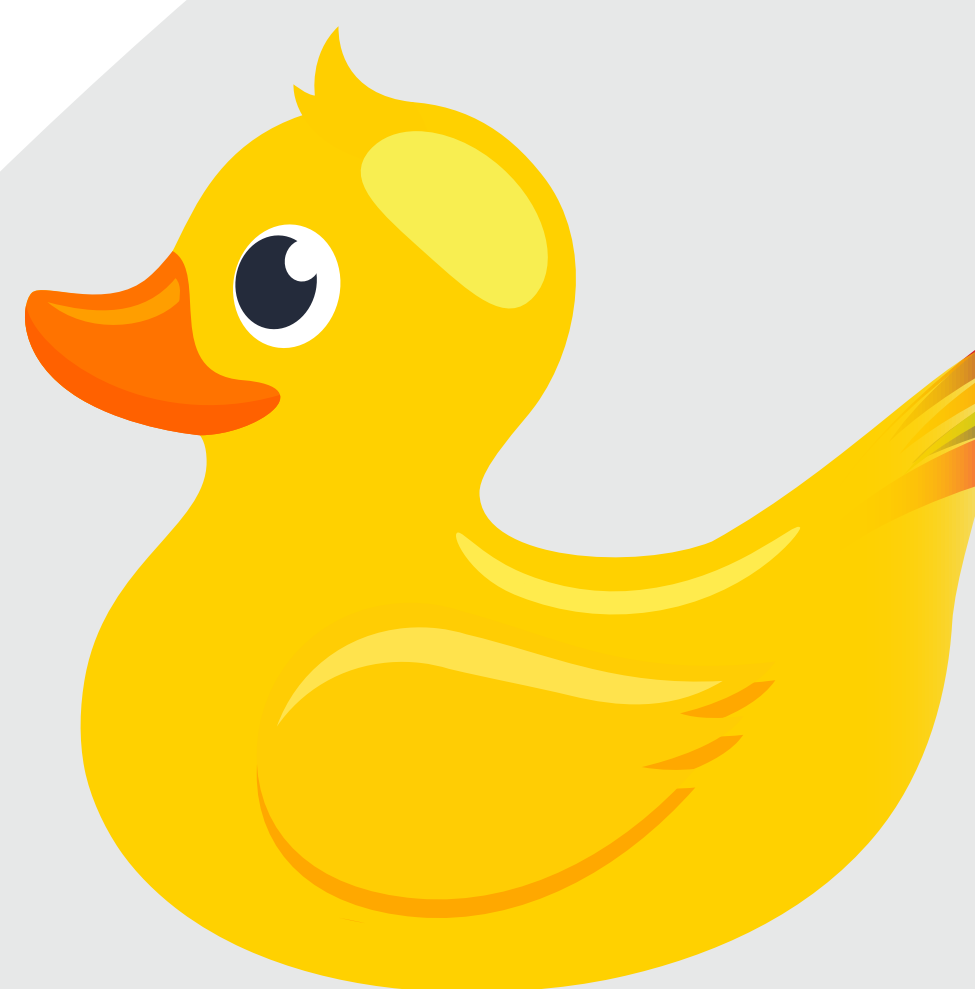# DON'T PAY BACK IN KINDNESS...PASS IT ON!

Kindness makes us happier and makes for better relationships. It promotes healthier hearts and slows down the aging process. What are you waiting for? Do something nice for someone today!

EASY WAYS TO PAY IT FORWARD EVERY DAY!

- Hug a friend
- Pick up litter in your area
- Write a positive review online about a local business
- Tell someone you love that you love them
- Greet people with a smile
- Over-tip a waiter/waitress
- Spread good news
- Let other drivers merge in front of you

On the 28th of April the world celebrates Pay It Forward Day, a global initiative designed to make a difference by creating a huge ripple of kindness felt across the world.

We associate the colour white with light, goodness, innocence and purity. It is often used as a representation of hope.

colour me well

reality Wellness Group