



You have been gifted  
with a random  
act of kindness!

Now I challenge you to do  
something nice for some-  
one, leave this card  
behind, and keep the  
spirit going!

[www.payitforwardmovement.org](http://www.payitforwardmovement.org)



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Kindness Ideas in  
5 Words or Less...

Smile at a stranger.  
Change a tire. Sub for  
Santa. Send a thank  
you note. Recycle. Visit a  
sick neighbor. Give a  
genuine compliment.  
Babysit for free. Clean  
someone's house. Pick up  
someone's tab. Cook for  
your family. Mentor a  
child. Plant a tree.

Blessings from POWER, Inc.  
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