

10 Ways To Pay It Forward



I think it's safe to say that everyone wanted to be Haley Joel Osment in *Pay It Forward* at some point in their life because he made giving back to his community look rad as hell.

Writer's note: If you haven't seen [Pay It Forward](#) yet, go see it! This movie is so touching and heartbreaking and you'll think about it for the rest of your life.

Paying it forward is a great way to give back to people. It's a great way to brighten someone's day. It's a great way to earn brownie points in the karma category.

It's so simple and easy to do.

Here are 10 things we all can do to pay it forward.

1. Encourage



Always be encouraging to the people around you. It doesn't matter how small or how big your encouragement is, just make sure that it is known to the people you surround yourself with. Tell your coworker that her lipstick looks bangin'. Tell your mother that she can apply for that promotion that [kind of] scares her.

Encourage your best gal pal to break up with that guy who makes her feel like shit. Take your sister on a hike and tell her supporting words as she struggles up whatever hill you guys decided to climb. We don't encourage the people we surround ourselves with as often as we should.

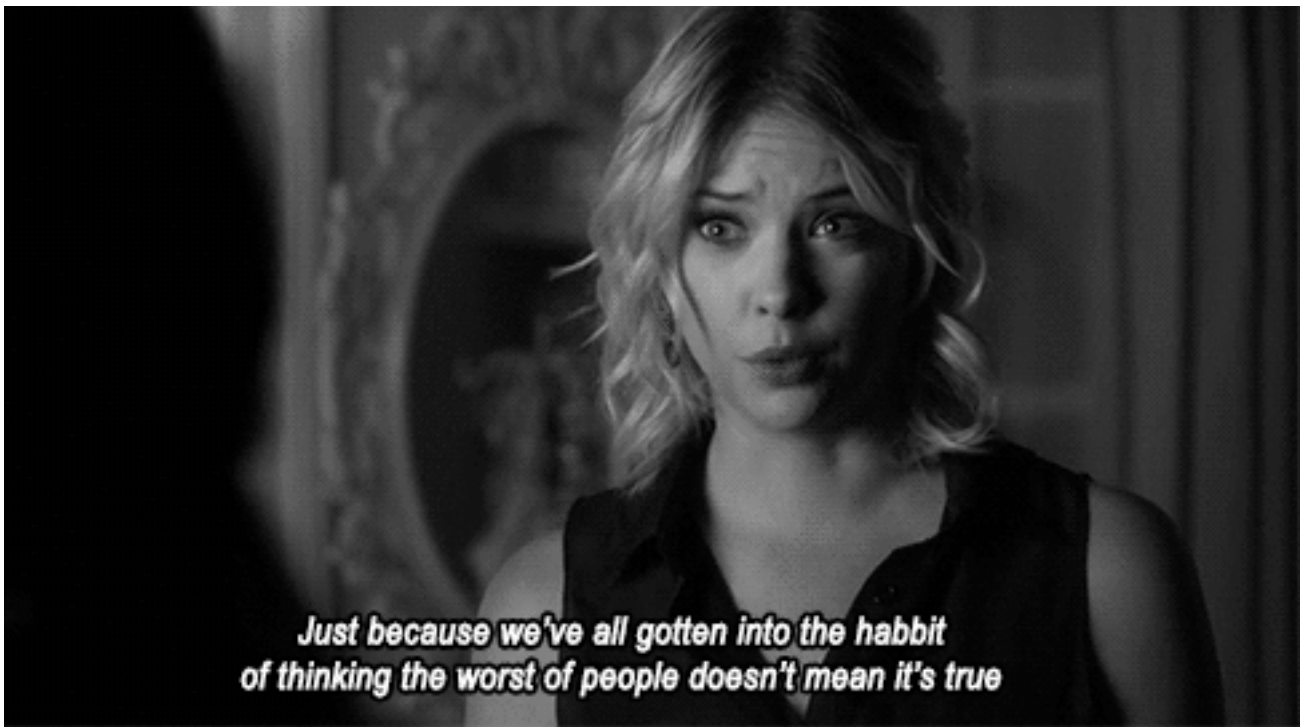
2. Empower



Show people that empowerment is a secret weapon that should be used more than it is. Tell your friend who needs a little bit of a pick-me-up just how special she is to you. Tell her that she needs to worry about herself more than other people.

Empower your friends to go after that job promotion, to move to [that big city](#) all alone, to break up with the toxicity in their lives. Show the people around you the strength that you see in them, but that they don't always see in themselves.

3. Trust



Trust people more. Open yourself up to people. Tell someone how you feel. No filters. Don't be afraid to take the risk on someone just because you've been hurt in the past; because you gave your trust to the wrong people. Trust people with bits of you because you never know how it'll help someone else or what magic may come from it.

4. Relate

Nothing is more heartening to people than being able to relate to them. Show people that you have experienced some of the same things that they have because it will open up a dialect and sense of trust between you and whomever you're interacting with. Relating to someone on even a small level is a great way to show people that you care.

5. Recycle

This is so simple to do, helps the planet and takes about two seconds.

Having a soda or tea with your lunch that comes in a plastic or glass container? Put it in the recycle bin at your office. If your office doesn't have one then start one! Recycling is very important for the environment. Also, it's like you are giving the Earth two thumbs up to keep on living!

6. Clean

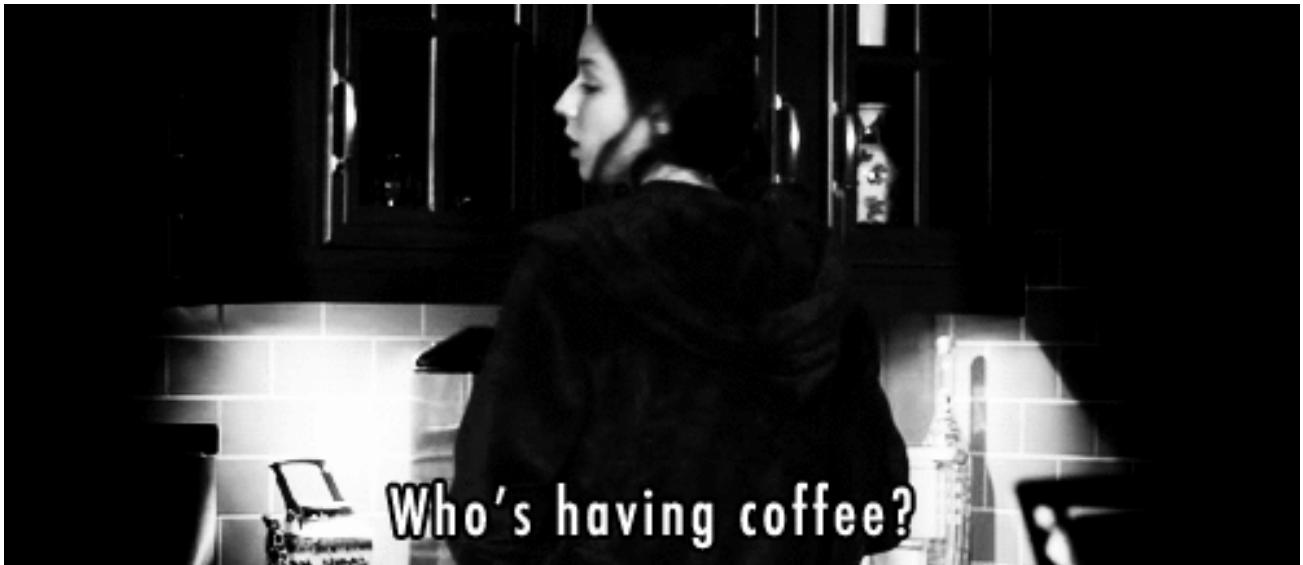
Cleaning can be a pain, but it can also be a way to give back! Clean up your work space at work. Do the dishes that are piling up in the sink. Clean out the fridge. Offer to take someone's trash out. At home, clean up your living space. If you have roommates, go the extra mile every now and then and clean the whole apartment for them!

7. Volunteer



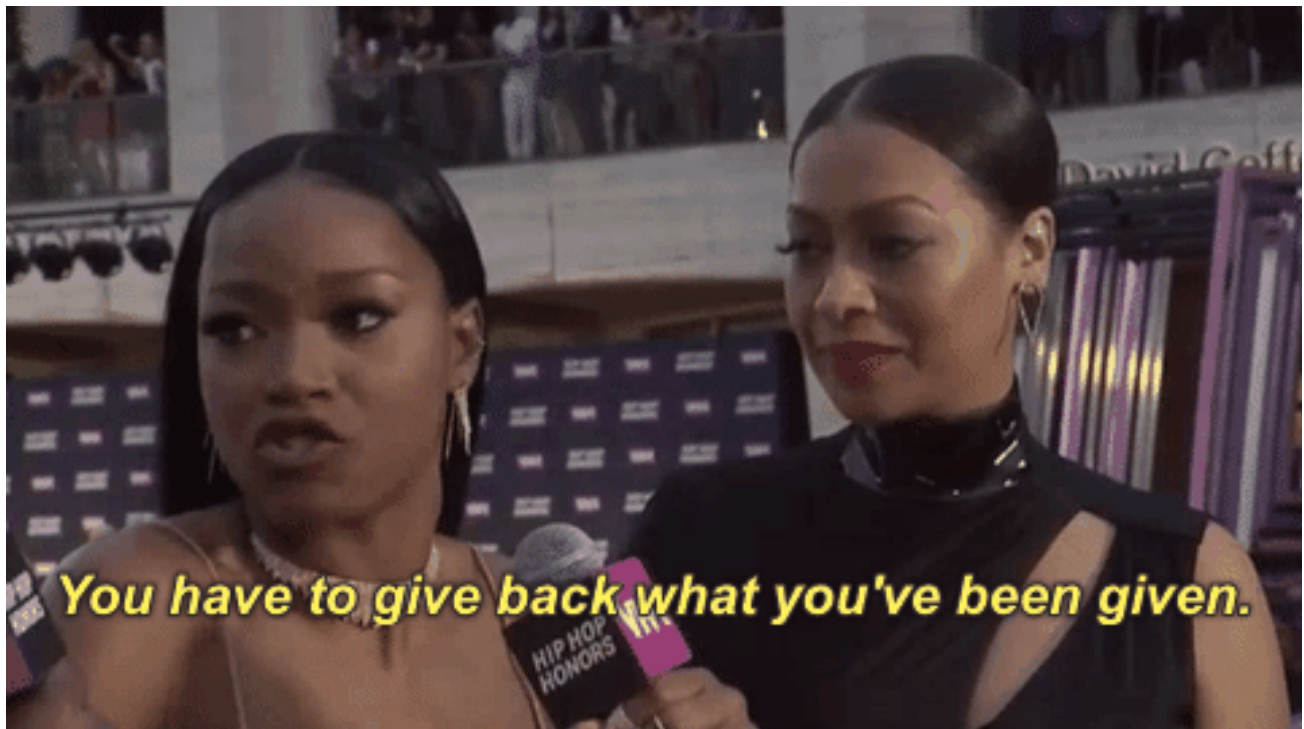
Lend a hand. Take some time out of your schedule to volunteer. Do a cake walk for charity. Stack books at your local library. Help out at a school event or read to kids. Taking the time to give others some minutes out of your day is priceless.

8. Payment



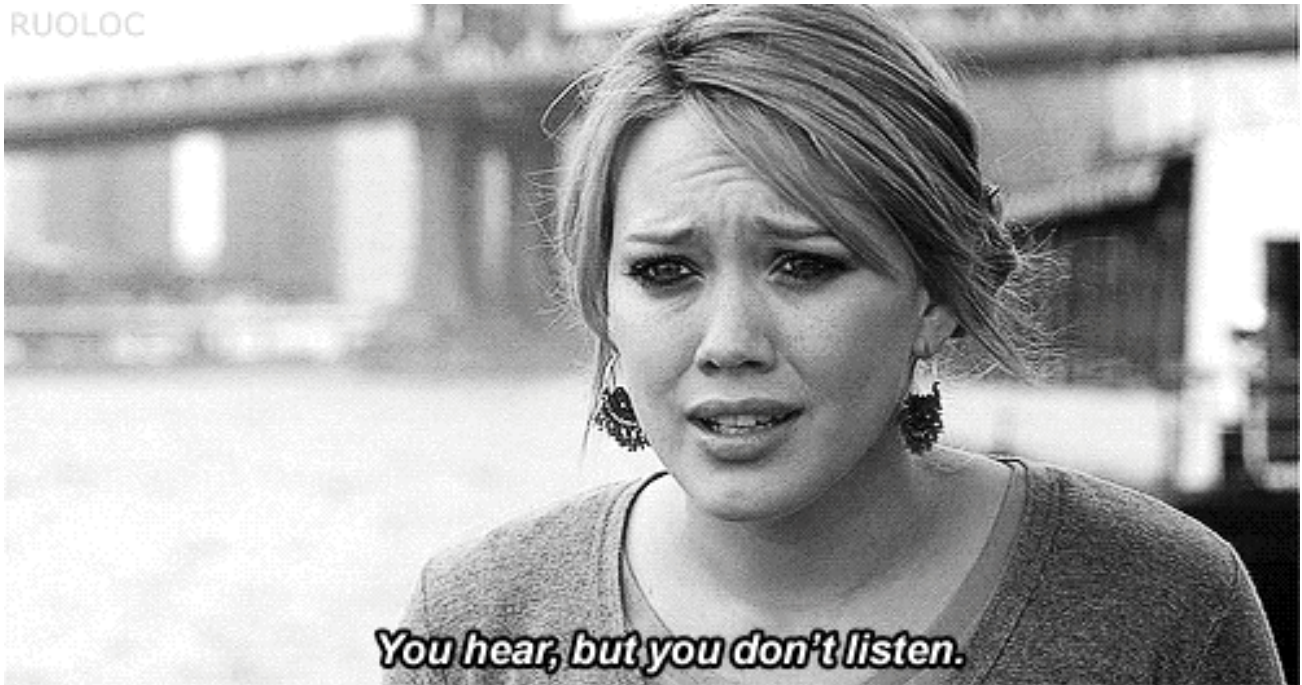
Make a payment. This may sound weird, but it's true. Along with paying your bills and student loans, take some initiative and buy a random person their coffee one morning. [Buy your boss coffee](#). Brownie points if you bring in doughnuts or, well, brownies along with the coffee. It's small and materialistic, but it's a random act of kindness that goes a long way!

9. Donate



We all have piles of clothes and little knick-knacks that accumulate in our home over the course of the years. Once a year, go through everything you have and if it hasn't served any sort of purpose or use to you within the last six months then get rid of it. Donate it to Goodwill or to a local charity. Odds are that someone needs something that you have, but never use.

10. Listen



Devour everything people have to say. Listen to what comes out of their mouths. Show people that you give a shit about the things they talk about. It betters people's lives and perceptions of the world when someone listens to what they have to say.

Paying it forward doesn't always have to mean doing something drastic. Sometimes it's the simple things that have the biggest impact!

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