

## **Pay it Forward Example #1**

### **What did you do?**

When I returned home I found my neighbor taking a lot of bags from the grocery store into his home, and I stopped to help him. He was glad for my help, and he invited me to have lunch with him.

### **When did you do it (date & time)?**

Saturday at 1:25 p.m.

### **How did it make you feel?**

I felt great for helping my neighbor.

### **How does this help you in your mindfulness journey?**

Mindfulness is about being in the moment and making deliberate choices. Under other circumstances I might have just barely noticed him but instead kept on walking because I was thinking about what I had to do tomorrow or what I hadn't gotten done that day. Instead, I stopped and offered to help and was rewarded by making a new friend and a great first impression.

### **What are 3 things you are grateful for?**

1. My Family
2. My Friends
3. The opportunity to get to study in this country

## **Pay it Forward Example #2**

### **What did you do?**

Sent flowers to my mother's work.

**When did you do it (date and time)?**

Sent Friday, August 28, 2015 at 9:30 A.M.

**How did it make you feel?**

Doing this act of gratitude makes me feel like I have done something good for that week. It proves to me that giving a gift is better than receiving one, especially when it is unexpected. I love giving surprises, which means that this act of gratitude was something that excited me and I was anxious to do it. It may be a little task but I know it meant a lot to both her and I.

**How does this help you in your mindfulness journey?**

This act of gratitude helped me with my mindfulness journey because I felt her happiness when she called me to thank me for the surprise. I know at that time it made her day as well as mine. This helps me in my journey because it makes me want to do these actions more. I loved the way it felt for someone to be thankful for you. Not only did these feelings last a short period of time, they followed me into the weekend where I still felt a sense of joy.

**What are 3 things you are grateful for?**

1. My mom always being there for me
2. Being able to go to college
3. My health