



Hi Anita

Welcome to this month's ideas, which will help you create more 'you-time' and life-balance by focusing on what really counts.

Share this newsletter with a friend.

If you know someone that would like a copy of this newsletter, I invite you to share it with them.

Pay it Forward

In the movie *Pay it Forward*, a young boy does three good deeds for people in need. In return, he asks only that his recipients keep the cycle going by doing good deeds for three other people.

One good deed might not seem much, but if everyone did one for someone, the cycle of generosity and kindness would make us better people. Friday 16 March is [Pay it Forward Day](#) – an initiative of my colleague, Blake Beattie. I invite you to join me on this day and pay it forward.

Why Pay it Forward?

There's tremendous power and positive energy in giving – it's a shame not enough people experience it. Pay it Forward Day is about people from all walks of life giving to someone else. To encourage us to embrace the power of giving, Mother Teresa said: 'It's not how much you do, but how much love you put into the doing that matters'.

Sample deeds:

- Give your public transport seat to someone else.
- Clean someone's car. (Check local water restrictions)
- Donate time or money to your favourite charity.
- Help a struggling family.
- Buy a train ticket for a stranger.

How it works:

Do one to three good deeds for others, asking only that each recipient pay it forward to someone else in need. To make it easier, give them a Pay It Forward card which says that someone has done a good deed for them and that they are to pass it on.

Would you like some cards? As my way of contributing to Pay It Forward Day, I have a special offer for my subscribers. Send me self-addressed A5 envelope with \$1 in stamps on it and I'll send you three cards plus a gift.

Make a difference and experience the power of giving on Pay it Forward Day; join

me and let's see how far we can make it go!

Kind regards



Marie Farrugia

NSAA Vic - Speaker of the Year 2006

This month's hot tip.

Another way to Pay it Forward is to give someone close to you a wonderful platonic or romantic relationship. Bruce Sullivan is again running his popular **Red Hot Relationships** seminar in Melbourne, Sydney and Brisbane. My husband and I attended last year, had a great time and learnt much!

Time For You

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