



## Buoyant Life LLC Newsletter

Hello Friends!

I hope this newsletter finds you well and happy. The intention of my newsletters are to give you something to think about, a fresh perspective, an opening of the heart and/or mind that will enhance your life. Please enjoy, and take from it what you will...

Warmly,  
Lauren Still

### Pay it Forward

Most people are familiar with the idea of "paying it forward" - the concept of making a change in the world by proactively helping people and instead of asking for a "payback", instead asking them to do the same for others. This is a perfect time of year to do something small that can turn into something big for someone else.

If you're interested, please keep reading...

The idea took flight from the novel and movie by Catherine Ryan Hyde: Reuben St. Clair, the teacher and protagonist in the book "Pay It Forward," starts a movement with this voluntary, extra-credit assignment: THINK OF AN IDEA FOR WORLD CHANGE, AND PUT IT INTO ACTION. Trevor, the 12-year-old hero of "Pay It Forward," thinks of quite an idea. He describes it to his mother and teacher this way: "You see, I do something real good for three people. And then when they ask how they can pay it back, I say they have to Pay It Forward. To three more people. Each. So nine people get helped. Then those people have to do twenty-seven." He turned on the calculator, punched in a few numbers. "Then it sort of spreads out, see. To eighty-one. Then two hundred forty-three. Then seven hundred twenty-nine. Then two thousand, one hundred eighty-seven. See how big it gets?" (From [www.payitforwardfoundation.org](http://www.payitforwardfoundation.org))

**My coaching challenge to you:** Find a small way to help someone else and "pay it forward" before the end of the year. Even a tiny step can fill your heart with joy and abundance.

I know you're busy this time of year, and may not know where to start. So if you want a suggestion, I've found a way you can do this with as little as **one dollar!** An extraordinary woman took the "pay it forward" idea to heart and decided to feed 3 million children in 33 days! You can help her make her "big idea" become reality.

Go to this website to view a short video explaining her idea: <http://www.feed333.com/?fid=7336745B-C556-0BDC-21CF31CFF8B5D132>. Feed333 is a project of World Trust Foundation 501 (c)(3) ([www.worldtrust.org](http://www.worldtrust.org))

This is just one idea. Whatever you decide to do, just make it happen. You will make a positive influence in the world.

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*Life loves to be taken by the lapel and told: 'I'm with you kid. Let's go.'* – Maya Angelou

Grab life by the lapel. Live, love and prosper!

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