

Northwest Permanente Wellness Passport Guidelines

October – December 2017

Spiritual: Random Act of Kindness and Pay It Forward

Random act of kindness and pay it forward

Random acts of kindness are a means by which we make a deliberate attempt to brighten another person's day by doing something thoughtful, nice, and caring.

Paying it forward is the opposite of payback: when someone does a good deed for you, instead of paying them back, pay it forward by doing a good deed for someone else. One of the easiest examples of this is buying a coffee for the person in line behind you at the coffee shop and then they buy a coffee for the person behind them and so on

Click on the buttons below for some fun random acts of kindness ideas:

Random Acts of Kindness Ideas

Pay it Forward Ideas

To get credit for this category, perform at least 2 random acts of kindness and 2 'pay it forwards'. After those are completed, click on the button below to fill out the self-report form.

Click here to fill out the Random Acts
of Kindness/Pay it Forward form

Please submit all documentation to NWP Health & Wellness, KPB
16 or e-mail: nwpwellness@kp.org