

Assignment Takeaway: Pay it Forward

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Doing good deeds for others can have a great impact on both parties. It can show others that strangers can be caring, while the person doing the deed can feel fulfillment and joy for helping someone in need. These actions do not need to be great gestures of kindness but, rather, as simple as holding the door open for someone and paying for the next person in line's meal.

We were instructed to do one nice thing for a stranger each day for five days. We were then asked to take data on how it made them and us feel. We were also asked to determine whether or not we should add this as part of our daily lives.

The results were consistent when it came to my own feelings, but not every recipient of my kindness had the same reaction. Some people were reluctant to accept my kindness, while others were outwardly very grateful. I, however, was always happy to help. I decided that I would not miss an opportunity to be kind to others, but I would not force good deeds upon others. If I did force it, my intentions may be misconstrued.