



## AMERICAN FOUNDATION FOR Suicide Prevention

### Fundraising Kick-Start: \$500 in 8 Days

Sometimes all it takes is a plan. Whether you're just starting out or whether you're half way to your goal, we've got a simple eight step roadmap to getting \$500 in eight days just by asking for small donations...never more than \$50!

The following plan shows just how simple this can be. Take a look and take the first step today!

Day	How to Achieve My Goal	Total
1	Start with your own donation of \$10	\$10
2	Ask three family members to sponsor you for \$25	\$75
3	Ask five friends to sponsor you for \$20	\$100
4	Ask five co-workers to sponsor you for \$10	\$50
5	Ask five neighbors to sponsor you for \$20	\$100
6	Ask four people from your religious or social organization to sponsor you for \$10	\$40
7	Ask your boss for a company contribution of \$50 & ask if your company has a corporate matching gift program	\$50
8	Ask three business you frequently visit for \$25 (doctor, dentist, hair stylist, dry cleaner, mechanic, coffee shop...)	\$75
	<b>Fundraising Total</b>	<b>\$500</b>