

Volunteer Self-Assessment

Asking yourself some key questions and reflecting on your values, motivations, goals, interests, and needs is a great starting point for finding the ideal volunteer opportunity.

What is your primary motivation for volunteering? Do you thrive by associating yourself with a cause or organization you believe in, by building social connections, by getting things done, or...???

If you had the opportunity to learn something new or gain a new skill, what would it be?

What is one thing you hope to improve in your community?

How much time are you able to devote to volunteering? _____ hours per _____

Doing Good is Good for You

Volunteering



Corporation for National & Community Service: *The Health Benefits of Volunteering: A Review of Recent Research*, May 2012
www.nationalcivicservice.gov/pdf/healthbenefits_factsheet.pdf

Activities of Interest:

- Driving to Appointments
- Shopping & Errands
- Having Conversations
- Organizing Paperwork
- Teaching a Class
- Community Outreach
- Delivering Meals
- Cleaning or Minor Repair
- Gardening or Yardwork
- Playing Games
- Helping with Technology
- Special Event Assistance
- Making a Difference