



CHAPTER 7 WORKSHEET: CHOICE

The best way to find yourself is to lose yourself in the service of others. Gandhi

How can you start to value yourself? One way is to see the impact you create when you give to others. We all have a contribution to make, yet statistically, only 3% of the population does all of the volunteering. If you are already volunteering, give yourself a pat on the back. The next time you go to volunteer, take someone along with you, introduce them to the experience. There are lots of options for volunteering, for an hour, a day, a week or long term. Here are some ideas:

Community Events	Red Cross	Scouts or Guides	Salvation Army Soup Kitchens
Treatment Centres	Food Bank	Youth Centres	Hospitals Fundraising Programs
Literacy Centres	Senior Centres	SPCA	Health or Environmental Organizations
Olive Juice Forever Foundation		Make-a-Wish	Miracle Network Big Brother/Big Sister

Take some time now to think about the type of volunteering you would like to do, based on your interests and abilities. Do you want to be in big or small group events, soliciting donations, setting up events, doing promotions or marketing, canvassing door-to-door, helping with administration or accounting? Would you prefer sport or music events, health-related topics, education, community awareness, or tackling poverty, homelessness or crime issues? Decide now how much time you can contribute, and how often.

Organizations where I would like to volunteer: Some research is required now.

Name: _____ Tel: _____ Contact: _____

Name: _____ Tel: _____ Contact: _____

Name: _____ Tel: _____ Contact: _____

_____ once only _____ once a month/week _____ one weekend a year _____ more!

Commit to calling now! Record your contribution here: _____

As you engage in giving to others, allow yourself to imagine how others see you. Remember to ask, “how can I let the love in?”