

RSVP 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?

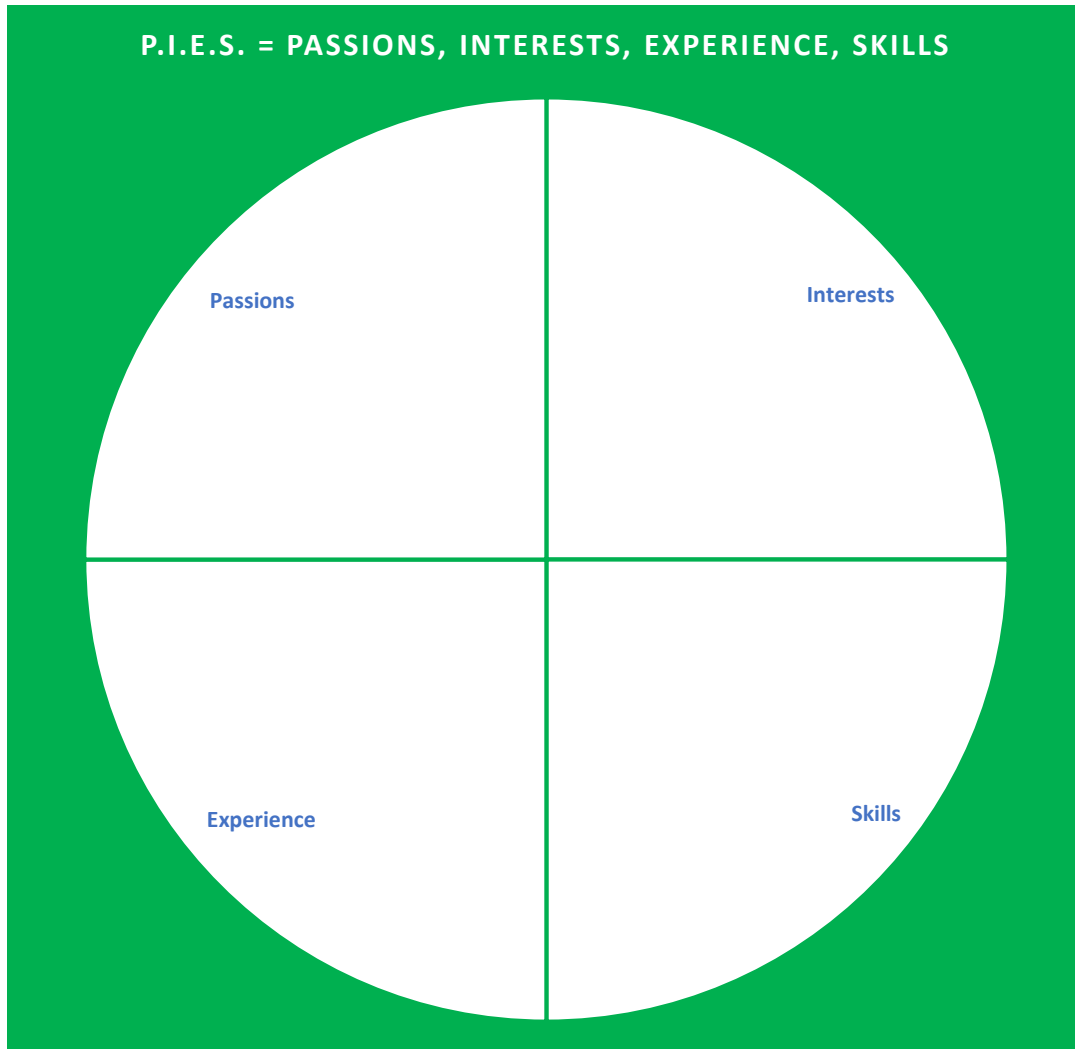
How much time are you able to devote to volunteering? _____ hours per _____



Corporation for National & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012
www.nationalservice.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



Understanding your values can also help you determine the opportunities and activities that best fit your personal goals and needs as a volunteer. Select 2-3 values from each category below:

<p>Personal:</p> <ul style="list-style-type: none"> Freedom Independence Security Health & Wellbeing Learning Freedom Personal Growth Achievement Wisdom Contribution 	<p>Social:</p> <ul style="list-style-type: none"> Open-mindedness Playfulness Connection Generosity Friendships Kindness Expressiveness Honesty Family Fairness 	<p>Emotional:</p> <ul style="list-style-type: none"> Empathy Respect Joyfulness Happiness Compassion Love Cheerfulness Thoughtfulness Warmth Humility 	<p>Community:</p> <ul style="list-style-type: none"> Generosity Flexibility Optimism Impact Advocacy Inclusiveness Recognition Teamwork Dependability Leadership 	<p>Other:</p> <ul style="list-style-type: none"> Humor Service Inspiration Curiosity Innovation _____ _____ _____ _____
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Start your volunteer journey today and *Make a Difference in the World – Again!*

Contact your local RSVP Coordinator at: rsvp@cvcoa.org