

Paying the Wonder Forward Journal

Finding causes and groups to be involved in is an important part of recapturing the wonder. Volunteering not only helps you rediscover passions that will enrich your life and boost your wellbeing, it can rebuild and strengthen communities to the benefit of all.

Here are some questions to ask yourself to help you identify where and how you might volunteer your time, talent and treasure.

Reflection

What causes or issues are you most passionate about?

What does volunteering mean to you?

How much time do you have?

How much can you give?

What problems have you seen that you can't unsee? How can you affect change with this problem?

What skills or talents do you have that could benefit a cause or organization?
Think professionally (work skills) and personally (hobbies).

What lived experiences do you have that you can offer as a perspective?

What's one small step you could take today to start giving back?

