

Volunteer Assessment (Fit) Worksheet

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Personal Needs. What are your personal needs or values that you'd like to satisfy? Examples: Physical things (sports), intellectual things (projects, teaching), emotional things (grief), spiritual things. Indoors/outdoors.

Passions. What are your passions? What "causes" that get you excited? Examples: Poverty, career, parenting, mental health, environment, sports, politics.

Skills. What are your key skills, strengths and unique talents? Examples: Communications (listening, presenting, writing), selling, project management, building things.

What kind of people do you like to be with? Examples: Young children, teens, adults, elderly, men/women.

Do you have a defined life purpose? If yes, write it. If no, see Life Purpose wiki. How is this directing you?

How far from home are you willing to travel? Ideally, your volunteer opportunity is close to home.

What is your availability? Consider days of the week, time of day and hours per week.

Previous volunteer experiences? What did you like or not like about previous volunteer experiences?

What volunteer options are you already considering? What is your starter list of potential activities? Brainstorm. Rate them 1, 2, 3 based on satisfying your needs, skills, passion, purpose and location. Why did you rate them in that order?

Would it be helpful to talk with a volunteer "mentor"? Yes/no.