

Reasons People Volunteer

- ❖ Develop new friendships
- ❖ Meet new people
- ❖ Seek a sense of belonging
- ❖ Cope with loneliness
- ❖ Experience opportunity for family activity
- ❖ Have some fun
- ❖ Receive praise from others
- ❖ Feel needed
- ❖ Obtain public recognition
- ❖ Feel important and valued
- ❖ Influence specific issues or programs
- ❖ Seek power
- ❖ Empower others to use their gifts
- ❖ Express values
- ❖ Feel “in on things”
- ❖ Learn what is going on in church or community
- ❖ Improve self-image and sense of self-worth
- ❖ Seek greater meaning in life
- ❖ Experience personal growth opportunity
- ❖ Enjoy sense of achievement
- ❖ Express personal creativity
- ❖ Learn or practice skills
- ❖ Try out new ideas
- ❖ Make a professional advancement possible
- ❖ Develop academic or employment credentials and references
- ❖ Make contacts for employment possibilities
- ❖ Use skills not used in paid work situation
- ❖ Fill leisure time
- ❖ Get out of the house for a while
- ❖ Find a change of pace
- ❖ Express religious and faith beliefs and commitments
- ❖ Relieve boredom
- ❖ Provide therapy for depression
- ❖ Escape from other painful issues in one’s life
- ❖ Please others
- ❖ Avoid saying no
- ❖ Deal with guilt feelings
- ❖ Support child who is in program
- ❖ Repay services received in past by self or family
- ❖ Keep busy to relieve anxiety
- ❖ Express gratitude for life’s gifts