

Instructions: In **box #1**, write at least 20 abilities that you have, from the simple and obvious (tie my shoe, use the phone, walk) to the more specialized (use email, whittle, play the harmonica). As a challenge, use the back and see if you can come up with 100 or more abilities! In **box #2**, list 6-12 activities, people and needs that you enjoy, that are important to you or touch your heart. Examples: grandchildren, disabled veterans, outdoor activities, Korea). In **box #3**, make at least 3 pairings of your abilities and interests in a way that helps other people. Examples: teach elementary students to play the harmonica; make weekly phone calls to several disabled vets; use email to help Koreans who wish to improve their English). This activity helps you see new ways to use your abilities and interests to serve others.

Volunteering Inventory

1. Abilities	2. Interests	3. Opportunities



Notes to leader:

Although this activity can be done by individuals, it can be especially helpful when done in small groups.

First, go over the instructions. Give people time to ask questions. It would be helpful if you come up with additional sample answers and let the group do the same. The general idea is that the first box is for things you can do, the second for things or people that interest you, and the third for new ways of putting the first two together to help other people.

Then give people ample time, at least 15 minutes, to complete the exercise. At the end, remind them that this can be an ongoing process. As they think about it, more abilities and more interests will come to mind. They might also want to ask others who know them well what abilities the friend sees in them.

If appropriate, have people take some time to share their abilities and interests, and how they paired them, in groups of 3-4 people. Such sharing can really get the creative juices flowing!

In advance, find out if there is someone in your congregation who would help people find ways to use their abilities and interests in service. Also find out if there is a Volunteer Center in your community.

This exercise can be helpful for anyone at any time, but is especially useful for those, such as older adults, who find themselves unable to do many things they've done in the past.

