

Giving of Yourself



Exploratory Questions

Understanding Your Strengths

1. What are three things that people have told you you're good at?
2. What activities do you feel most confident about?
3. Think of a time when you were proud of something. What skills/strengths did you use?
4. What hobbies or activities do you deeply enjoy, and why?

Assessing Your Interests and Passions

1. What local issues do you feel strongly about?
2. When you hear local news, which topics capture your attention?
3. Are there local groups or initiatives that align with your personal interests?
4. If you had a free day to devote entirely to a community project, what would it be?

Identifying Ways to Contribute

1. Given your skills and passions, what could you offer to local people?
2. Are there any local groups or initiatives where your skills could be useful?
3. Consider your experience, could your skills be of any use to the community?
4. Are there any jobs that people avoid, which you could handle, or even enjoy?
5. Think of a local challenge. Consider, based on your skills and interests, could you be part of a solution?

Setting Goals for Community Engagement

1. What's something you want to try or a group you'd like to join in the community?
2. How can you align your strengths with a community need?
3. Are there community leaders or organisations you can contact, to discuss how your skills might be of assistance?

