**What I already do**

1. Complete the table below by listing five things you do during an average day or week that you choose to do and five things you do that you would not do if you were given the choice. Go ahead and more rows if you can think of more than five items in each column.
2. Highlight things you do that benefit others (they may benefit you too). Which column are they in? The aim of volunteering is to add things to the ‘choose to do’ column that benefit others.

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| **Things I choose to do** | **Things I would not do if given the choice** |
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