



LOOKING BACK: A Self-Reflection

Leadership and Volunteerism Worksheet

What does volunteering mean to you? What do you expect to get out of volunteering?

What does leadership mean to you? In your opinion, what qualities must a leader possess?

List any volunteer projects you have participated in:

1. _____
2. _____

List any leadership positions that you have held:

1. _____
2. _____

Why did you get involved? What appeals to you the most – getting involved locally, nationally, or internationally?

Were these experiences positive or negative? What benefits did you get from volunteering? For each of your previously stated experiences, determine whether it was positive or negative, and list any benefits you received:

1. (*circle*) positive/negative Benefits gained: _____
2. (*circle*) positive/negative Benefits gained: _____

What skills do you think you have that makes you a leader? What are some areas that you can develop in to be a better leader?

With respect to volunteering now, what are your biggest challenges? Are you low on time? Does volunteering seem overwhelming? Do you not know how to get involved?

