

## START SERVING YOUR VOLUNTEERS - EXPLORATIONS

### EXPLORATION 1

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**Instructions:** *On your own, consider these questions and write your answers or discoveries in the boxes below.*

**1) Since joining this cause, what have you learned about yourself?**

**2) What have you learned about the people served by your cause?**

**3) What do you understand about the world as a result of joining this cause?**

## EXPLORATION 2

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**Instructions:** Ask your volunteer questions from the following list. Make sure to ask 1-2 from each section. Record your volunteer's answers to the questions in the box provided under each section. In the final box, note any ideas or invitations sparked as they talk (for you to follow up on).

### PASSION

- What are places in life or roles you fill that most touch your own emotions – where you find yourself laughing, crying, joyful, sad, discouraged or inspired?
- What really gets your goat? What are issues, injustices, principles, or causes that you get riled up about?
- *When you think about (this cause), what is it that sparks your passion or interest?*

### ENERGY

- When was the time in life where you had the most (or least) energy? What were you doing in those times that energized or de-energized you?
- What do you see around you that you want to fight for (or against)? What are you willing to pay a price for?
- *What inspired you to give/serve, etc. (whatever action they have taken)?*

### FULFILLMENT

- What is the most satisfying thing you've done? What made it so fulfilling?
- What makes you feel fully alive when you are doing it? What have you done that gives you the feeling of being right in the sweet spot of life?
- *What is the most satisfying gift you've given? What made it so fulfilling?*

### WHAT IDEAS, INVITATIONS OR CONNECTIONS DOES THAT SPARK FOR YOU?

### EXPLORATION 3

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**Instructions:** *Ask your volunteer questions from the following list. Make sure to ask 1-2 from each section. Record your volunteer's answers to the questions in the box provided under each section. In the final box, note any ideas or invitations sparked as they talk (for you to follow up on).*

#### CAUSE

- *What attracted you to volunteer for this cause?*
- *What do you hope to learn from participating in this cause?*

#### CHANGING THE WORLD

- *What needs have you encountered in life that you'd jump at the chance to meet on a larger scale?*
- *What is the need (or the people) whose cry touches the depths of your heart?*
- *What steps are you already taking to make this change in the world?*
- *If you could do one thing for (those we serve in this cause), what do you wish you could do?*

#### WHAT IDEAS, INVITATIONS OR CONNECTIONS DOES THAT SPARK FOR YOU?

## EXPLORATION 4

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*[Volunteer Name]*

### **Step 1: PLUG IN**

*With your notes from the volunteer meeting, pause and reflect on opportunities for this volunteer to plug-in to the cause of your organization. Record some ideas here.*

### **Step 2: PRIORITIZE**

*Considering your ideas above, list 1-3 specific steps you intend to invite the volunteer to take, including a target date. List these in order of priority based on what is most important to the volunteer, especially when aligned with current opportunities in the organization.*