

Areas of consideration	Reflections
<p>Motivation</p> <ul style="list-style-type: none"> • What is motivating or inspiring me to give my time willingly? • Is my goal based on values or beliefs, social networks, opportunities to develop skills, or a mix of motivations? 	
<p>Research</p> <ul style="list-style-type: none"> • What are the community needs in my area that interest me? • What do I need to find out? What online research can I do? • Are there roles I am keen/not keen to do? • Are there organisations that I am keen/not keen to work with? • What organisational requirements are there? 	
<p>Barriers</p> <ul style="list-style-type: none"> • What obstacles do I need to plan for and overcome? • What types of volunteering suit and don't suit my lifestyle? • How far can I travel to volunteer? How often? • Do I have any physical or health limitations to consider? 	
<p>Self-care</p> <ul style="list-style-type: none"> • How will I prepare myself mentally for this commitment? • Have I considered failure? Unmet expectations? • Am I prepared to step outside my comfort zone? • What organisational support is available? 	
<p>Time commitment</p> <ul style="list-style-type: none"> • How much time do I realistically have? • What flexibility do I have in terms of time? • Am I prepared to 'make time' and reprioritise my activities? • Is my time free on an on-going basis or only for certain times during the year? 	
<p>Exit strategy</p> <ul style="list-style-type: none"> • How will I know when I've achieved my goal? • When will I reassess my commitment or my goal? • How will I know when it's time to stop volunteering? 	
<p>Next steps</p> <ol style="list-style-type: none"> 1. <i>List the specific tasks or activities you need to do to progress your plan.</i> 2. <i>Prioritise your activities.</i> 3. <i>Give yourself a deadline.</i> 	