

Exercise A: Determining Your Values

Either by writing, conversation with a friend, or in some other method that works for you, answer one or more of these questions that interest you. Write your answers below.

- What experiences and people have been key in shaping your core values and passions?

- What do you notice about your values when you consider your choices, such as life directions, career, free time, lifestyle, donations, and spending?

- When you hear of world events or witness an injustice, what moves you most? With what have you been most troubled? Most delighted?

Exercise B: What do You Value?

Below are words or phrases that express values. There is space to add others that are especially meaningful to you.

VALUES		
Acceptance	Faith	Love
Access	Family	Opportunity
Beauty	Freedom	Peace
Commitment	Generosity	Preservation
Communication	Harmony	Respect
Community	Healing	Responsibility
Compassion	Honesty	Service
Courage	Honoured Obligations	Simplicity
Creativity	Innovation	Stability
Democracy	Interdependence	Transformation
Dignity	Integrity	Truth
Diversity	Justice	
Equality	Joy	
Empathy	Knowledge	
Excellence	Leadership	

- From this list first choose your top five values and then, even though it may be difficult, from those five, choose your top three and list them below.
 - _____
 - _____
 - _____
- Now look at the list on the opposite side of this exercise. You'll find words or phrases that describe issue areas and populations that you may care about as a donor. From this list or others you add, choose 5 that are important to you and then, just as you did earlier, narrow it down to the 3 that mean the most to you and list them here.

1. _____
2. _____
3. _____

Issue Areas and Concerns		
Ageism	Elder Care	Islamic Causes
Animals and Species Preservation	Employment Training & Job Creation	Native Indigenous Peoples' Rights
Anti-Semitism	Environment/Environmental Justice	Nutrition and Hygiene
Anti-Racism	Electoral Reform	Parks & Land Preservation
Arts & Art Institutions	Faith-based community service	Peace/Conflict Resolution
Biodiversity	Gay/Lesbian/Bisexual/ Transgendered Civil Rights	Philanthropy & Volunteerism
Boys	Girls	Poverty
Business Development	Gun Control	Prison Reform
Church charities	Healthcare & Prevention	Public Policy/Advocacy
Children/Child Care	HIV & AIDS	Religion
Civil Rights	Homelessness/Housing	Reproductive Rights
Co-existence	Homophobia	Science & Technology
Community Gardens	Human Rights	Seniors
Computer Literacy	Immigrant and Refugee Rights & Services	Spiritual Development
Corporate Responsibility	International Development	Sports & Recreation
Cultural Heritage	Jewish Causes	Youth
Death & Dying	Language Rights	
Demilitarization	Legal Aid & Legal Services	
Disability Rights	Libraries	
Disaster Relief	Literacy	
Drug & Alcohol Abuse	Media	
Domestic Violence	Medical Research	
Economic Justice		
Education		

Now, look for the relationships between your Values and your top areas of interest. Write them down.

Exercise C: Time, Talents, and Treasures

How can you help? What time, talent and treasure can you contribute to your passion? Place a check mark ✓ by of these statements that is true for you.

- _____ I can donate my professional skills to a not-for-profit
- _____ My workplace has equipment or services or meeting space I can make available
- _____ I'm good at organizing details and creating plans
- _____ I'm good at motivating people
- _____ I'm good at planning events and giving parties
- _____ I know many people in my community who might be good resources
- _____ I like to teach what I know
- _____ I am a good listener or writer
- _____ I have experience designing or administering Web sites
- _____ I am a supportive person to work with
- _____ I'm good with financial information
- _____ I like to raise money
- _____ I can translate or know people who can translate documents into other languages
- _____ I have graphic skills or artistic talents
- _____ I love kids or am good with elders
- _____ I am a passionate public speaker
- _____ I have _____ hours of time per week, or would be willing to take a day or more each month to donate
- _____ Other
