



# Discover your family’s passion and purpose

Many of us are eager to make a difference, but aren’t sure where to begin. You could sign up for a volunteer shift at the same organization your neighbor has been raving about – but if you and your family aren’t truly passionate about the cause behind it, chances are your participation won’t turn into a long-term commitment.

This worksheet is designed to help you and your family identify a cause that’s important to you, and discover how to make a difference using skills and talents you already have. This way, doing good isn’t only the right thing to do; it’s fun, too!

**TIP:** If tackling this exercise from start to finish seems too daunting to complete in one sitting, set aside 10 minutes or so each week to fill it out gradually. Pick a time when everyone is likely to be together and you’re less likely to be rushed—for example, around the dinner table on Sundays.

## Step 1: Uncover your cause

A personal connection to a cause can supercharge your commitment and fuel your desire to make things better. Sitting together as a family, list some issues that deeply interest you, or that have touched you somehow (for example, perhaps someone close to you is battling a medical condition, or your child’s classmate has experienced bullying).

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Next, **take a walk around your neighborhood to look for issues close to home.** You may notice something that's present, like litter, or something that is missing, like wheelchair accessibility or a safe place for kids to play. Are there people who are homeless or in need? List the issues you observe below.

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**See the bigger picture.** Each day, the headlines shine a light on some of the world's most challenging issues: human rights, sustainability, natural disasters, poverty, access to education, food insecurity. It's through empathy and compassion—by putting ourselves in another's shoes—that we feel compelled to help. Have a discussion with your crew—you may find that your passions and interests lead you to look far beyond your local community. List the global causes that interest you below.

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## Step 2: Search out your strengths and talents

Every family has something special to share with the world – and there's a lot you can accomplish when you do it together. Take some time to think about the strengths your family has built together. Ask and answer these questions:

What are some challenges we've overcome as a family?

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What did we do to overcome these challenges?

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What did we learn from facing these challenges?

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How can we use these skills to solve other problems?

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What are our individual gifts and talents? What activities are we each proud of? Write them down.

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