



Live to Give

Make a Difference: Exercises

Life Planning Exercise 22 – Pay it Forward

One of the most powerful things any of us can do is to start helping others. It is something we can all begin doing today, and it is even more powerful if the cause is something important to us.

In this activity, you will identify and describe issues about which you are passionate. The list below shows many social, political, medical and environmental causes to which people dedicate their time. Highlight those that you have strong feelings about, and use the empty cells to list others you think of.

Once you have identified all the causes that interest you, select the three about which you are the most passionate. Then, on the next page, describe why each of these three is so important to you.

Cerebral Palsy	Global Warming	Political Reform
Autism	Adoption	Cancer
Visual Impairments	Animal Abuse/Welfare	Dementia & Alzheimer's
Learning Disabilities	Corporate Monopolies	Epilepsy
Unemployment	Blood Banks	Heart Disease
Natural Disasters	Child Labor	HIV/AIDS
Drug and Alcohol Abuse	Child Abuse	LGBT Rights
Tobacco Use	Orphans	Mental Illness
Education Reform	Homelessness	Organ Donation
Art/Music in Schools	Human Trafficking	Personal Health
Career Counseling	Youth Empowerment	Spiritual Health
Mentoring	Parkinson's Disease	Support Groups
Environment	Social Responsibility	Housing/Shelter
Water Pollution	Physical Disabilities	Land/Property Development
Plastic Pollution	Hearing Impairments	Small Business Resources
The Rainforests	Stem Cell Research	Traffic Pollution
New Fuel/Energy Sources	Health Insurance	Urban Development
Local Business Support	India	Green Buildings
Foreign Aid	Africa	Public Transportation
Bullying	Latin America	Micro-Financing
Civil Rights	Central America	Middle East
Immigration	Poverty	Gender Equalitys

List your top three causes below, and explain why they are important to you.

Example:

I do not believe anyone should ever go hungry when some of us can help. I will donate my own food, money and time to help fight hunger.

My Causes

My Cause 1

My Cause 2

My Cause 3

Note: If you want to take it to the next level, begin identifying organizations you can get involved with that support your causes.

Note: Volunteermatch.org is a great resource to find various volunteer organizations with which you can get involved and join a cause.