

# Volunteerism

## Motivation to Volunteer: Brought to you by Aurora EAP



When is the last time you volunteered or thought about volunteering? Maybe you have plans to volunteer this holiday season or you are a regular volunteer in your community. Maybe you volunteered as a high school or college student. Or maybe volunteerism hasn't entered your mind in years.

Even the most devoted volunteers experience a lack of inspiration and motivation from time to time. What is one simple way to rejuvenate thoughts of volunteering? Sometimes the right words can perform magic, helping us reach new horizons and inspiring us to do good for others. Because...isn't it true happiness to help others?

Following are quotes to perhaps motivate you to start volunteering or to keep you motivated if you are already a volunteer:

"Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay, but the privilege of doing it. Remember, you don't live in the world all on your own." -Albert Schweitzer

"Volunteers do not necessarily have the time; they just have the heart." - Elizabeth Andrew

"You make a living by what you get. You make a life by what you give." -Winston Churchill

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." -Author Unknown

"You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich man."  
- Seth Parker

Information gained from Volunteermatch.org

For more information, please call Aurora EAP at:  
(800) 236-3231