

# Finding my Voice Through Service

Did you know there is an 8th Habit?

It is **FIND YOUR VOICE AND INSPIRE OTHERS TO FIND THEIRS.**

When you combine your talent, passion, and conscience in a way that meets a need in the world, you find your voice. Once you find your voice, you are able to help others find their voice.



Write a description or draw a picture that represents your voice—your unique talents and passions.

**I find my voice when...**

Choose a service activity from the menu below or create your own idea based on the exploration of your voice.

### **Build Community Connections**

Become pen pals with elderly neighbors or residents of a local senior center. Write physical or virtual cards or organize a virtual visit.

Volunteer to virtually tutor students who need help with academic work or social skills.

Start a letter-writing club to students in other states or countries and share stories.

### **Hunger and Homeless**

Combat hunger in your community by collecting items for your local food bank.

Investigate organizations that are supporting people who are homeless. Visit their website to learn how you can donate funds or support their causes.

Clean out unused clothing from your drawers and closets. Wash and fold them and pack them in bags or boxes to donate to those in need when the next opportunity arises.

### **Support Your Furry Friends**

Start a bird sanctuary in your backyard or outdoor space. Build bird feeders and plant trees or flowers.

Contact your local animal shelter or rescue group to see how you can support them. Donate supplies or use social media to promote their work.

Create fliers or social media posts to distribute to pet owners about the health and nutrition needs of pets.

### **Go Green**

Clean up a local stream, park, or pond. Practice safe social distancing and wear gloves.

Conserve energy by ensuring unused lights are turned off or hanging clothes to dry instead of using a dryer. Unplug unused electronics and appliances.

Advocate for climate change and other important environmental causes by writing emails to your elected officials

### **List Your Ideas Here**

### **Spread Positivity**

Makeover your social media accounts by deleting negative posts, photos, and videos and replacing them with positive thoughts.

Post motivational messages around the house or neighborhood.

Reach out to a friend or family member via phone, text, email, or video call to share a wonderful quality they have and the impact it has had on your life.

### **Teen Health**

Decrease the stigma of mental health by raising awareness. Create a campaign to teach friends how to battle stress and anxiety.

Start a social media anti-smoking, anti-vaping, or anti-drug campaign.

Create and distribute a list of hotlines or agency links for peers who might need help.

### **Say "No" to Hate**

Participate in online petitions to end gun violence in schools.

Fight discrimination or bullying by starting a virtual club to promote peace. Make posters or collages or create social media posts that promote understanding of difference.

Investigate and advocate for equal payment for women, including women athletes.

### **Research and Prevention**

Investigate worthwhile organizations that are working to find cures for diseases. Discover the organization's needs and learn how to support the cause.

Start a local social media campaign to remind adults to participate in yearly physicals.

Start an informational campaign on social media about a health or prevention topic.

# Research

The three most important facts about this topic are:

1.

2.

3.

# Action Plan

What is my end goal and how will I know I have accomplished it?

What are the Big Rocks or action steps I need to take to accomplish my goal?