



5 Reasons to Volunteer

Whether you're motivated by altruism, fun, or civic responsibility, volunteering can transform more than the world around you. Here are five reasons why giving your time freely spreads goodness inside and out:

- 1. Make new friends and really connect**—Volunteering allows you to make a mark on the community by connecting with people and creating new bonds.
- 2. Try something new**—Volunteer opportunities are often learning opportunities and a great way to challenge yourself, add a new discipline, or unleash another new talent.
- 3. Get out of the house**—If you're bored with your routine, volunteering is a positive strategy to shake things up and open new doors.
- 4. Teach others**—You have a skill, life experience, or hobby others can benefit from, so why not use volunteering as a platform to share your insights?
- 5. Make a difference**—Whether you're comforting crisis victims, helping animals, or advocating for the environment, the good you can do is infinite.

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