

3.What can you contribute to communities?

Use this table to assess how you can use your skills and fulfil your talents through various communities you are involved with. The top 6 needs can be listed in the table in Section 3: or make your own version of this if you want room for more. The table below includes some suggested needs to help get you started. In the Rating column, 0 is not important for your needs, 10 is very important.

Contributions to community	Rating 0-10	Comments
Practical/technical skills		
Leadership/facilitating skills		
Giving support to other people		
Helping a group to gain insights		
Celebrating and appreciating people		
Composting difficulties		

4.Your overall community map

Use this format to assess current and potential communities, and how these fulfil your needs and the talents you can offer. Put your top 8 needs and top 6 contributions along the top, and rate how well each community you've listed in the left-hand column meets these needs and contributions (0=not at all, 10=very fully). In the far-right columns, rate each community on its emotional stress level and time demands (0=high, 10=low for these). The higher overall scores will show you which groups to make a priority.

Your top needs	Your 6 top contributions		
Community Groups			
		Emotional Stress	
		Time demands	
		Total rating	
		Comments	