

## **PEAK READINESS ACTIVITY 7b: Service and Volunteering Self Assessment**

**Do you have what it takes to “go the distance” for an important cause?**

### **Introduction**

The people in history – and individuals in your own community – who have made a difference with critical environmental, social, political, and human issues have demonstrated lasting commitment and creativity. Not everyone has the right skills, talents, and values to create lasting change. Take the following survey to evaluate how well you fit the “change agent” style.

**Rate each item below with:**

- 1 “doesn’t apply to me at all”
- 2 “applies somewhat to me”
- 3 “applies to me a lot”
- 4 “this is definitely me”

**You can stay focused and motivated when things get challenging**

- 1  **Doesn’t apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You think for yourself, you have a lot of ideas, and you like to try new things**

- 1  **Doesn’t apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You can initiate projects on your own, you don’t hesitate to get things started**

- 1  **Doesn’t apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You work well and get things done on your own, without supervision**

- 1  **Doesn’t apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You like to call the shots, but you can also lead, motivate, and guide others**

- 1  **Doesn’t apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You like to take reasonable chances and can manage the ups and downs**

1  **Doesn't apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You deal with setbacks, disappointments, even failure without giving up**

1  **Doesn't apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You can picture a meaningful outcome and work to make it happen**

1  **Doesn't apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**You can convince others, lead the way, and succeed in spite of resistance**

1  **Doesn't apply**    2  **Applies somewhat**    3  **Applies a lot**    4  **Definitely me**

**Total the values above. Your total score is:**

**Now, rate yourself below.**

9 – 16: You should take service and volunteering slowly at first, until you become more at ease with it.

17 – 22: Your service skills are not as strong as some, but you have a chance to grow and learn.

23 – 29: You have many of the skills to succeed in service, especially if you work on your lower scores.

30 – 36: You're a prime candidate to work on tough social or community issues.



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