



## **Volunteering: A Path to Enriching Your Life and Community**

**Community**

**Nonprofit Organizations**

**Skills and Professional Development**

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Volunteering is not just about giving back; it's an opportunity to align your values, priorities, and time to create meaningful connections and personal fulfillment. Here are insights on how busy professionals can integrate volunteerism into their lives without feeling overwhelmed.

- **Volunteering benefits everyone.** Regular people with full lives — jobs, families, and hobbies — dedicate an average of 52 hours annually to volunteering. It's not only possible to make time for service; it can be extremely rewarding. ?
- **Prioritize your values.** Start by listing and ranking your values to understand what truly matters to you. This exercise helps identify areas where volunteering can fit into your life.
- **Evaluate your time.** Track how you spend your time over a week to determine if your actions align with your values. ?This will reveal whether volunteering can be prioritized or if other forms of giving back — like donations — are more feasible.
- **Volunteerism as fulfillment.** Volunteering should be an opportunity that feeds your soul, not a chore. ?It's about finding joy in serving others and creating lasting connections. ?

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This year, over 1,000 ACC volunteer leaders will provide invaluable assistance through chapters, networks, events, webinars, and publications. The camaraderie built among volunteers and the gratitude of the community they served exemplify the profound impact of giving back. Here are some key questions and next steps for legal professionals interested in volunteering:

- What are your core values, and how do they align with your current priorities? ?
- How do you currently spend your time, and are there areas where volunteering could fit? ?
- What causes or communities resonate most with you and your professional expertise?
- How can you leverage your legal skills to make a meaningful impact?
- Are there upcoming volunteer opportunities that you can plan for? ?

Volunteering is a journey of self-discovery and service. By assessing your values and priorities, you can find ways to contribute that enrich both your life and the lives of others.

Volunteer Appreciation Week is April 20-26, 2025, and ACC is deeply appreciative of the devoted volunteers around the globe who help make the ACC community the vibrant, supportive network it is.

For more inspiration, visit [ACC's Volunteering webpage](#), and fill out the Volunteer Interest Form today! This article was adapted from "Give Time, Get Time" by Whitnie Henderson, originally published in the *ACC Docket*.

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