30 Powerful Personal Benefits of Volunteering in Your Community

So you've heard that you should volunteer some of your time but haven't quite gotten around to doing it. Understandably, it can be tough to find the extra time if you work one or more jobs, go to school, have family obligations, and try to squeeze in some important you-time, too.

If your schedule is crunched, look for ways to combine some of your other activities with community service. For example, do it with a friend or family member you want to spend time with or look for volunteer opportunities that give you college credit.

Volunteering isn't just an investment in your community and in other people; it's also an investment in yourself. Obviously, when you contribute your time and enthusiasm to a cause, you provide great benefits to others. But don't overlook the many personal benefits of getting involved in community service – there's nothing wrong with wanting your efforts to pay off personally as well.

Why Volunteer: Personal Benefits

Here are just some of the major advantages of taking part in community service:

1. Learn practical new skills and improve your existing ones
2. Enhance critical thinking and problem-solving abilities
3. Boost your communication skills
4. Build leadership and teamwork skills
5. Gain insights into your own strengths and weaknesses
6. Develop new interests and passions
7. Meet new people with similar interests
8. Make meaningful new friendships
9. Connect with professionals who may have opportunities for you now or in the future
10. Build your resume with valuable experience and proof of character
11. Build your college and/or scholarship applications in similar ways
12. Discover an unexpected career path

13. Enjoy a change of scene
14. Get some additional physical activity
15. Become more stimulated and engaged with life
16. Reduce your stress levels
17. Improve your mood, outlook, and general satisfaction
18. Feel pride and boost your self-esteem for doing some good
19. Experience a powerful sense of purpose
20. Find creative inspiration
21. Further causes you believe in
22. Encourage your own sense of social responsibility and social justice
23. Become a more informed voter and activist
24. Expose yourself to different people from different walks of life
25. See past stereotypes about other groups through firsthand experience
26. Build a more well-rounded perspective on life and issues
27. Gain genuine, well-deserved admiration while setting a positive example
28. Fulfill community service requirements for school
29. Get your friends and family involved and watch them enjoy similar benefits
30. Live in a healthier, happier, more supportive, and united community

Need some ideas and inspiration for how to start contributing to your community and experiencing these amazing benefits of volunteering?