

# Giving Back: Discover your values and put them into action through volunteering and donating

by Steven P. Ketchpel, PhD

## Cause-Inventory Worksheet Exercise

*For additional information, see page 79 of Giving Back.*

<i>CAUSE-INVENTORY WORKSHEET</i>				
<b>Cause</b>	<b>Your Role</b>	<b>Specific Talents Used</b>	<b>Target Time Allocation</b>	<b>Current Time Allocation</b>