

Four Ways You Can Make Time in Your Busy Schedule to Give Back

Summary: Look for ways around you that allow you to give back when you don't have the time to commit hours to an organization.



Schedules are filled to the brim with work and social activities, leaving very little time for free time or giving back to the community. Many of us want to be able to volunteer a couple of our hours each week, but often that is just not realistic. Follow these tips to find a way to give back that fits your desires and abilities.

1. Donate what you can - Blood banks are always looking for donations. You can even go above and beyond and take time during your lunch break at work and not even have to take the time to go to the bank to donate. Libraries and other organizations are always welcoming of donated books. Chances are you have a bookshelf of books that you don't ever want to read again. Consider donating clothes. There even be a dress suit you don't like to wear anymore that you can donate to an organization that helps people prepare for interviews.
2. Dial-a-donation - We walk around all day with our phones connected to us like a third limb, so take a few moments to donate a few dollars or points to a charity. There are lots of apps out there that let you earn points by shopping or playing games that you can then donate to their list of charities.
3. Support companies that give back - Many companies give a portion of their proceeds to



charities and other related organizations. Dawn donates a \$1 from their original bottle of dish soap to wildlife preservation. TOMS donates a pair of shoes for every pair that is purchased.

4. Make extra - Make a double batch of cookies or dinner and bring the extra to a neighbor that you know could use it, such as one that is elderly or sick. You don't have to do much extra, and the simple gesture can change someone's day for the better.

- See **Do and Give More Than is Expected of You** for more information.

Photo: greenmountaincleanertimes.com