

I've got enough
going on already

I'd rather get/give
help from my
neighbours
than the government
or charity

Contributing
makes me feel
good

I have a lot of
privilege so it's my
responsibility to
help those in need

I need to be involved in
the systems that
directly impact my life

It's just
common
sense

I'm carrying on the
work of people who
came before me

I would contribute my
time if I had the right
opportunity

I want to
leave
something
better for
future

Giving my time is
part of my
spiritual practice

I pitch in because I feel
obligated

Paying taxes is my
contribution

I take on roles that
help me learn and
grow

It's awkward to put
myself out there

There's no point: The
world is falling apart

**It connects me to
something bigger**

**Volunteering feels
like a luxury**

**My time is
worth money**

**I help because
no one else is
doing it**

**I have to put my own
oxygen mask on first**

**Volunteering leads me
to better employment
opportunities**

**No one helps me
when I need it**

**I always get back
as much or more
than I put in**

**It's better
not to get
too involved**

**I'd give back if I
could**

**It would be easier if
everyone just took
care of themselves**

**I've had tougher times
so I have empathy**