THINGS TO CONSIDER
BEFORE DOING SERVICE WORK:

Am I doing more than I want to, perpetuating a pattern of over-commitment and burnout?

Are there things to do even though I'm new?

Am I avoiding service because I'm afraid of making mistakes?

Am I avoiding service in order to isolate from my group?

Am I using fear of my control issues as an excuse not to give service?

Am I volunteering for a particular task because no one can do it "right" but me?

Do I think if I don't do it, it won't get done?

Am I doing it because I want to or because I think I have to?

Do I feel resentful about the service I am currently doing?

Am I being a martyr or a victim?

Am I afraid to be a leader?

Am I unwilling to do a smaller task because I think I have to be in charge?

As I do my service, will I remember to stay in contact with my Higher Power?

Am I willing to do my part and let go of the results?