

Reflection Worksheet

To help you start organising your thoughts, we've collaborated with Volunteer Scotland's [Volunteering Action Plan](#) to create a reflection worksheet.



Barriers to volunteering with my organisation

What factors, practices or policies may be preventing people from volunteering with us?

External Barriers	Internal Barriers	Who is affected?

Actions to take to remove barriers

What changes can we make to enable more people to volunteer?
What resources, funding or new relationships would I need to achieve this?

Short Term	Medium Term	Long Term



Volunteering
Action Plan

Potential collaborators

Which allies, partners or networks could I draw on or work with?

Resources to investigate

What helpful guides, templates and toolkits are available to support me in making changes?

How changes and success will be measured

For example: equalities data, surveys on volunteer experience, KPIs to hit, etc.