

Give 15 minutes of your time

The simplest way to give is to give your time. Our time is precious so giving 15 minutes to someone or something else can have a huge effect.

What can we actually do in 15 minutes? Here's just a few examples to inspire you.

- Offer to check something over for someone. This could be a speech they've written for a wedding or an email they are not confident sending.
- If you're handy, why not fix something? Perhaps change a light bulb or frame a picture.
- Organise part of a trip. If you're going away somewhere soon, why not find a great restaurant to eat at or an activity you and your travel companion(s) can do?
- If you're great at doing nails or make up, why not offer to do one of these for a friend before a night out?

Once you've decided how you're going to give 15 minutes of your time, answer the questions below.

Before

How are you going to give your time?

After

How did it go?

How do you feel now?
