

We have learned new ways  
to value what our club  
can do for us!

We have learned what our club  
does for others.

What could be better than being  
a GFWC California Federation  
of Women's Club Member, nothing!



## California Federation of Women's Clubs



The Value of Your Club  
2020 to 2022

## Some of the advantages of Club Work for us as members are:

- The value of belonging
- The value of giving back
- The value of knowing your purpose
  - The value of kindness
- The value of understanding your power
- The value of understanding your worth
  - The value of trusting yourself
  - The value of becoming a leader



I wonder if you ever stopped to think of all the many things you have learned on your journey as a club woman. Not everyone will learn the same things. Some of us we take different lessons to heart. Some will learn much more, some less. The lesson of this booklet is to help you focus on yourself because as club women we often do not take the time to do this.

## The value of becoming a leader

There are several booklets about Leadership in this series. Every group needs leaders or it will die. Your Clubs & Districts need Leaders as well as CFWC. Someone has to make the hard choices on what to do next. Someone has to say yes & equally someone has to say no.

The hardest part of being a leader is saying we can't do the project or I am sorry but I don't have a job for you. But that is part of what becoming a leader means.

It used to be called "Tough Love."



The best part of being a Leader is when everyone tells you how wonderful you are. It won't happen that often. Enjoy it when it happens. It normally means your on your way out of a job.

Everyone needs a realty check on what happens as a Leader.

Be a good Leader do the fun parts with the hard parts. Your Club, District & State will be better for it in the long run. Understand that not everyone will get it.

## The value of trusting yourself

When you trust yourself then others trust you more. It is a spiral of good feelings. It means that things get done with out a lot of time wasted on worry. It helps build your confidence & builds confidence in others. They start to trust you more. It makes decisions easier. All you need is a little work, create some self-love & look inward at yourself. You can find that you have that talent you always valued in others.



This goes hand in hand with self-worth. As you learn to trust yourself your self worth will grow. As you have more self worth your trust will grow. Google both concepts & find some exercises to help both grow.

## The Value of Belonging



Belonging is a human need. We all need to eat & drink, we need to belong.

It helps us to value life.

It helps us to cope with intense painful emotions.

A sense of belonging to a greater community ( your women's club) improves your motivation, health, & happiness.

Belonging is a protective thing to help us manage stress & difficult times in our lives.

## The Value of Giving Back

Gandhi has said “the best way to find yourself is to lose yourself in the service of others.”

Why do we give back or volunteer?

It teaches us compassion.

It teaches us the value of the common good.

Here are some purely selfish reasons to give back:

Lower Blood pressure, there is some research the shows older people who volunteer may be less likely to have high blood pressure.

It helps your self-esteem because you are doing something good.

Volunteers have less depression & anxiety.



Volunteers have more social connections. We know that Club Women often say they join their Clubs to make friends, friendship is a good reason to become a club woman & now we have a few more healthy reasons why it is good to join a Club!

## What is your Worth?

What do you value about yourself? Do you believe you are a good person who deserves good things.

What do you value most in life? Your family? Friends? Your work? If you make the world a better place to live in? Your health? Your education?

How about your Club work? When you give to others or give back to your community you feel better about yourself. Our Women's Clubs help with self-esteem just by belonging & working on community projects with others who are trying to make the community better one project at a time.





## Understanding your power

What is your power?



To find your power, ask the simple question, what lights you up? Or what sets you on fire?

The answer is whatever makes you breathless, whatever makes you want to do something over & over again!

Remember something that made you feel powerful. A test that you killed, a speech that knocked them dead, the feeling when you helped someone. That is the most powerful you.

Surround yourself with powerful people! Leaders surround themselves with other leaders & then learn from them.

Become a student of Powerful Leaders!

Volunteering gives you a greater sense of purpose & meaning to your life.

We all feel special when we finish a club project & if we see the faces of the people we help.



Volunteering gives you a chance to learn new skills. The one skill we always talk about is leadership but what does that mean. It means you now learn how to lead a meeting, write an agenda, talk in front of a group without being as scared & you know that you can apply for that promotion at work & you can write with the skills learned at the women's club.

So that is what we mean when we say "can boost employment opportunities."

Remember there is a difference between Community Service & Volunteering. One you may not have a choice to do & the other do you it because you want to.

## The value of knowing your purpose

It give you a reason for being alive each day. It helps to answer some of the big questions in life. Why am I here?

What am I supposed to do with my life?



### Knowing your purpose helps with:

When you prioritize things in your life or your whole life.

When you make plans to move forward.

When things get tough it helps you have the drive to keep going.

Find out what is important when life events change your world.

Purpose helps you focus on short-term goals. Good for club projects or life events & long term goals, the whys.

When you have a sense of purpose:

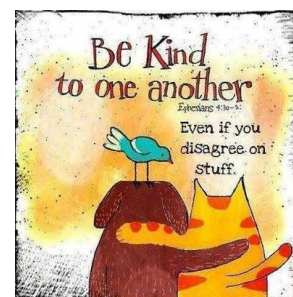
You find security, pleasure, comfort in things like family, laughter, health, love, respect, honesty, generosity, & fairness.

## The Value of Kindness

Being kind does not cost money.

Being kind does not take extra time.

Being kind does not take a lot of preparation.



Kindness can be a smile, A touch,  
A word of encouragement,  
Two pennies in line at the Supermarket,  
A gift with out a reason.

When we are kind two things happen,  
the person who you are kind to  
feels good & you feel better.  
It is good for your health too!

