

Mitch Seaworth Announces a Personal Alert System for Spotting Pets That Need a Home

Mitch Seaworth is publishing a short self-check list to help people decide when they are actually ready to foster or adopt an animal, timed to his continued volunteer work with local animal shelters.

Bismarck, North Dakota Sep 23, 2026 ([IssueWire.com](https://www.issuewire.com)) - Mitch Seaworth has spent time volunteering at animal shelters long enough to notice a pattern. People walk in excited about a dog or cat, then walk back out a few weeks later asking how to return it.

He is not interested in shaming anyone for that. He is interested in fixing it before it happens.

"Most people decide with their eyes first," Seaworth said. "They see a face they like and skip the part where they ask if their life actually has room for this animal right now."

That gap is what pushed him to put together a short list of questions to help you decide if the time is right to foster or adopt an animal.

The self-check, in five questions

Seaworth's list is short on purpose. He said long checklists get skimmed, not used.

- **Has your schedule actually changed in the last year, or are you assuming it will?** He points out that people often adopt for the life they want, not the one they have.
- **Who else is home, and did you ask them?** Roommates, partners, and kids all get affected by a new animal. He has seen adoptions fall apart because only one person in a household agreed to it.
- **What happens on the worst week, not the best one?** Anyone can handle a pet during a calm month. He asks people to picture a bad week at work or a family emergency and think about who covers feeding and walks.
- **Have you met this specific animal more than once?** A single visit does not tell you much. Seaworth recommends at least two visits, ideally at different times of day, before committing.
- **Do you know the actual cost, not the guess?** He is not asking people to build a budget spreadsheet. He is asking them to call the shelter or a vet and get a real number for food, checkups, and basic supplies before they say yes.

He said the goal is not to talk anyone out of adopting. It is to make sure the people who do adopt are the ones who stick with it.

Why he is pairing this with volunteering, not just adoption

Seaworth has also spent time at the Salvation Army and at soup kitchens, and he draws a straight line between that kind of service and shelter work. In his view, showing up consistently matters more than any single grand gesture.

"You don't have to adopt to help," he said. "Walking dogs on a Saturday, cleaning kennels, sitting with a cat that's scared of new people. All of that counts, and honestly some of it matters more than people think."

That is part of why the self-check list includes an option below the five questions: a short note pointing people toward volunteer shifts at local shelters if they are not ready to bring an animal home yet. Seaworth said he would rather see someone volunteer for six months and then adopt with confidence than adopt on impulse and struggle.

What he is committing to next

Seaworth plans to keep the list updated as he hears from other volunteers and shelter staff about what questions actually predict a good match. He is treating it as something he will revise rather than a one-time post.

He also said he wants to keep volunteering at animal shelters on a regular basis. That consistency, he said, is the part people underestimate.

"A shelter doesn't need someone once," he said. "It needs the same people back, week after week."

To read more, visit the website [here](#).

About Mitch Seaworth

Mitchell Seaworth is known for his community volunteer work, including time with local animal shelters, the Salvation Army, and local soup kitchens. Outside of volunteering, he is a frequent traveler, photographer, and sports fan who has visited numerous states and Major League Baseball parks across the country.

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