

LifeWorks

20S



LESSON 10

LEISURE AS A PART OF LIFE-WORK

Leisure as Part of Life/Work

Leisure is important for our health.

Leisure activities: relax us, amuse us, excite us.

Leisure activities are good for the soul. Scientists have even concluded that leisure activities are important for "Self Care" which keeps our minds and bodies healthy and give us the ability to cope with all the stress and challenges of life in general.

Your assignment is to keep a log of your "leisure activities" for one week. Then you are to "analyze" the activities afterward to evaluate their relevance to future lifestyles.

For examples you can look at some assignments from Unit 1 where you listed the "Leisure activities" you enjoy like in Lesson 1 "Three Spheres".

If you can't think of too many, here are some samples to get you thinking!

Here are some examples:

Recreational Activities	Leisure Activities	Hobbies
Golf	Driving	Electronics
Ice skating	Fishing	Flower arranging
Playing cards	Hiking	Gardening
Sailing/boating	Horseback riding	Genealogy

Assignment # 8

Life Roles and Responsibilities

/40

- Assignment 8 is out of 40 marks.
 - Part 1 is out of 9 marks. Track your activities you do each day and fill in the table with the leisure activities you did.
 - Part 2 is out of 20 marks. Examine your activities, and code them in the following way:
 - Part 3 is out of 6 marks. Answer the questions giving some detail or reflection.
 - Part 4 is out of 5 marks. Write in some leisure activities that you would plan to do that match your preferred future lifestyle.