

Date _____

Leisure as a Part of Life/Work

/40

Monday	Tuesday	Wednesday	Thursday	Friday
Saturday			Sunday	

One point per day filled in	/9
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Leisure as a Part of Life/Work (2)

Part 2: Analyze activities

Examine your activities, and code them in the following way:

- Circle the five activities you did most often/spent most time at. **/5**
- Underline the five activities you did least often/spent least time at. **/5**
- Draw a star next to your five favourite activities. **/5**
- Draw a line through your five least favourite activities. **/5**

Part 3: Reflect on activities

Answer the following questions in a reflective journal entry in the space below:

- Are the activities you do most often are your favourite activities? **/1**

- Are the activities you do least often are your least favourite? **/1**

- Do your favourite activities relate to/match with your goals and dreams for your future life? **/1**
Explain how: **/1**

- Do you need to add some new activities in order to reach your goals? If so, what? **/2**

Leisure as a Part of Life/Work (3)

Part 4: Action Plan

Plan some leisure activities that will match with your preferred future lifestyle by filling in the chart below.

Goals	Leisure Activities	Resources/ Contact Person	Steps to Take
Educational:			
Career:			
Personal:			
Social:			
Other:			

One point per Leisure activity you discussed up to five /5