



# Focus on Leisure

People often say they would like to do more enjoyable leisure activities, but they can't afford to. But sometimes the best things in life are at least reasonably priced, if not free.

Leisure activities can be as simple as taking a walk with a friend or reading the morning paper on a sunny park bench.

List 20 things you love to do: activities that generate feelings of joy and vitality for you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

Next, choose your top five activities from this list and give the approximate cost of each one in dollars. Is there any connection between the amount of

pleasure you derive and the cost?

1. \$ \_\_\_\_\_
2. \$ \_\_\_\_\_
3. \$ \_\_\_\_\_
4. \$ \_\_\_\_\_
5. \$ \_\_\_\_\_

Now list 10 leisure activities under \$10 that you might like to try.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

List five under \$5.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Genuine enjoyment refreshes you and deepens your life. With a little playful creativity, you can enrich your life without emptying your pockets.