

Subtopic 1: Planning For New Leisure Interests

In the last session you identified a number of new activities that you might be interested in trying. The purpose of developing new leisure interests is to avoid boredom and find fun, healthy, and meaningful things to do in your free time. Leisure activities you can stick with over time bring you a lot of benefits.

Show them (and hand out?) the planning flowchart. Discuss each step of the flowchart. We will be coming back to the Planning Flowchart in another session.

Planning Flowchart

Choose activities
that interest you.



Assess the activity. Is it
possible to do and how?

Identify what might
get in the way and
how to overcome
any roadblocks.

Identify resources—
supplies, places and
people.

**Match interests with resources
to support your effort.**

Set a goal and make
an **Action Plan.**

Where? When? With whom?
How will I get there?
Materials? Time? Cost?

