## **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.

Transparency **6** 

## Planning Flowchart

**Choose** activities that interest you.



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

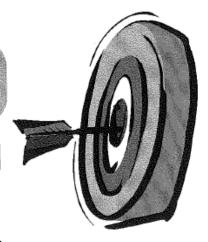
Identify what might get in the way and how to overcome any roadblocks.

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?



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