

VARIETY AND BALANCE

Try a new activity and list it below

New Activity

1 How did this experience make you feel?



2 How did the experience fit in with your goals and/or personality?



3 Describe interactions you had through engaging in this activity.



VARIETY AND BALANCE Respond based on your new activity

4

How did this experience make you feel accomplished?



5

How were your strengths used in this activity?



6

What did you learn?


