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## Leisure as a Part of Life/Work

### Part 1: One-week log

Keep a log of all of your leisure (outside of school and work) activities for one week. Note the start and finish times beside each activity.

Monday	Tuesday	Wednesday	Thursday	Friday
Saturday		Sunday		

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

### **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?
- Are the activities you do least often are your least favourite?
- Do your favourite activities relate to/match with your goals and dreams for your future life?
- Do you need to add some new activities in order to reach your goals? If so, what?

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## 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:			