**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** |
|  |  |

**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?

**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: |  |  |  |