

SUCCESS+

# HOBBY EXPLORATION WORKBOOK





**Not everything should be a job.**  
**This workbook is designed to spark**  
**your creativity and bring more**  
**joy in the year ahead. Through**  
**a fun quiz and personalized**  
**recommendations, you'll discover**  
**true downtime activities that fit**  
**your personality best.**

# DISCOVER YOUR HOBBY STYLE

Do you prefer calming or energizing activities?



Calming



Energizing

Do you prefer an activity where you're focused on yourself or ones that involve teamwork?



Myself



Teamwork

Do you prefer a hands-on activity or one to engage your mind?



Mind



Physical

*From these three questions, which icon did you select most?*

## Your Hobby Style



**You have a relaxed hobby style.**

You prefer activities that help you center yourself and allow you to wind down. You are attracted to hobbies that will engage and quiet your mind.

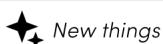


**You have an active hobby style.**

You prefer activities that get your body moving and allow you to engage with the world around you. You are attracted to hobbies that will kick-start movement and energize your soul.

*Let's dive deeper! Select a response for the questions below.*

Do you enjoy learning new things or mastering a skill?



New things



Mastering skills

Do you prefer creativity or structure?



Creativity



Structure

Do you prefer activities that are spontaneous or planned?



Spontaneous



Planned

*From these three questions, which icon did you select the most?  
Match it with your hobby style below for your tailored hobby ideas for 2025*

## Your Hobby Personality



Relaxed & Creative



Relaxed & Purposeful



Active & Creative



Active & Purposeful

pg. 3

pg. 5

pg. 7

pg. 9

**Learn more about your hobby style and explore potential activities to lead to a fulfilling new year.**

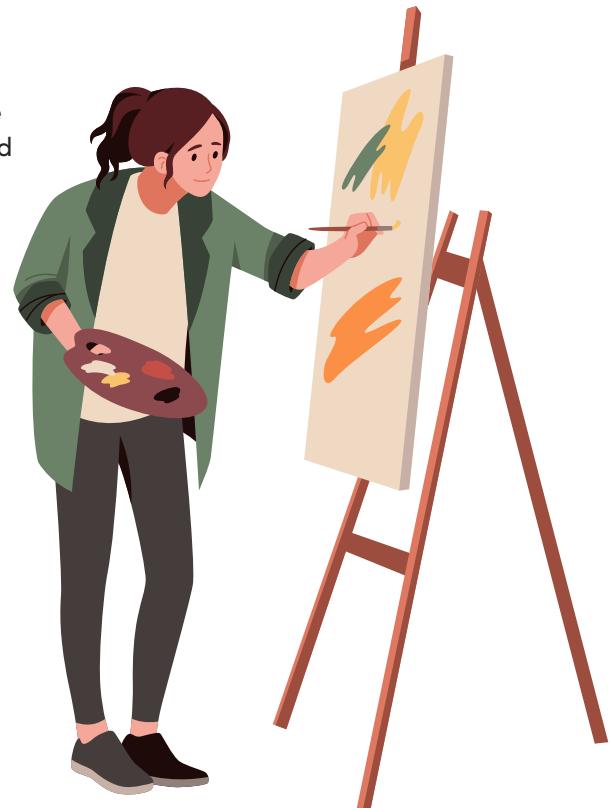


# Relaxed & Creative

You like to engage in activities where you can reset while letting your imagination take the reins. By tapping into your creativity, you can de-stress while crafting something you're truly proud of. These hobbies provide the perfect opportunity to slow down and quiet your mind.

## Ideas:

- Become an artist and make your own personalized cards for birthdays, holidays, or special occasions.
- Challenge yourself to craft unique seasonal decor, like a handmade snowman or festive wreaths for the winter.
- Experiment with candle making, creating your own seasonal scents to fill your space with a warm aroma.
- Try your hand at baking and decorating seasonal treats.
- Explore crocheting and make your own accessories like cozy sweaters or stylish hats to wear or gift.
- Fill your home with art you've created—purchase a beginner embroidery kit or acrylic paint and a canvas, put on some music, and let your mind fall into focus.
- Craft your own jewelry at a slow and enjoyable pace. Enjoy the meditative process of creating wearable art!
- Keep a sketchbook or journal for those in-between moments, like in the car or waiting rooms, so you can capture your thoughts and ideas anytime.



# Relaxed & Creative



## Workbook

Take inspiration from these ideas.

What are other ways you can lean into your hobby style this month?

Which hobby is the most feasible to start doing this week?

This week I can start

To enjoy this hobby, what items do you need to get in advance?



# Relaxed & Purposeful

You enjoy activities that allow you to reset while doing something that serves a larger purpose. These hobbies keep your mind active while daily responsibilities and stresses melt away. They offer calm, fulfilling ways to unwind and enjoy yourself while still feeling purposeful.

## Ideas:

- Solve a puzzle! For double the fun, consider designing your own puzzle to put together later.
- Research and document your perfect seasonal menu and favorite family traditions to inspire future gatherings.
- Create a memory book of the year, organized month by month, that captures milestones, special moments, and reflections.
- Start a scrapbook to map out your goals for 2025, adding to it each month to track life's highlights and your ongoing progress.
- Knit, crochet, or sew practical clothing items for each season for yourself or to give to loved ones!
- Join an in-person or online book club to learn something new alongside a motivating community.



# Relaxed & Purposeful



## Workbook

Take inspiration from these ideas.

What are other ways you can lean into your hobby style this month?

Which hobby is the most feasible to start doing this week?

This week I can start

To enjoy this hobby, what items do you need to get in advance?



# Active & Creative

You lean toward hobbies that allow you to not only move your body but spark your imagination as well. Embrace your spirit and take it outdoors, exploring new ways to engage both your mind and body, all while soaking in fresh air and the thrill of discovery.

## Ideas:

- Go on photography walks to capture wildlife or neighborhood decor. Take a friend with you and take pictures of your shared adventure!
- Create your own decor from the outdoors. Forage for natural materials—leaves, flowers, shells—and transform them into wreaths or centerpieces.
- Add a creative twist to your run or hike by bringing a sketch pad and drawing what you see along the way!
- Try a new physical activity, like gymnastics or rock climbing, to challenge both your mind and body.
- Explore gardening, whether in your own yard or by joining a community garden, to connect with nature and others.
- Join a themed cycling or Zumba class—create your own outfit and get active!





# Active & Creative

## Workbook

Take inspiration from these ideas.

What are other ways you can lean into your hobby style this month?

Which hobby is the most feasible to start doing this week?

This week I can start

To enjoy this hobby, what items do you need to get in advance?



# Active & Purposeful

You're drawn to hobbies that keep you moving while contributing to a greater cause. You love a good challenge that exercises your mind while channeling your energy into something tangible. Let's feel accomplished!

## Ideas:

- Volunteer in your community. Supporting local organizations at a food drive is a great place to start!
- Train for a charity race, using your efforts to help raise funds and awareness for a cause that matters to you.
- Put on your activewear and offer to help neighbors with yard work, spreading goodwill while staying active.
- Participate in local invasive plant removal events to support the environment, get outdoors, and connect with like-minded people.
- Train for a fitness event, like a 5K or triathlon, to challenge yourself while setting a goal.
- Upgrade your DIY skills by upcycling items in your home—whether redesigning furniture or building something new from scratch!





# Active & Purposeful

## Workbook

Take inspiration from these ideas.

What are other ways you can lean into your hobby style this month?

Which hobby is the most feasible to start doing this week?

This week I can start

To enjoy this hobby, what items do you need to get in advance?