

WHAT DO YOU LIKE TO DO FOR FUN?



Brainstorm everything that sounds even remotely fun.

Make a list of things that you know are not fun for you.

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Add to your lists by asking yourself these questions:

- Think about what was fun when you were a child or when you were a younger adult. Do any of those things still sound interesting?
- What have you always wanted to do?
- Ask your friends what they do for fun and decide whether to put these ideas onto the list of things to try or not.
- Peruse local Groupon type deals and Meetup.com groups and see if anything catches your eye.
- Look at the class listing at your local community center, senior center, junior college, art or music studio, gym, yoga or dance studio.
- Explore what concerts, plays, musicals, dance performances, movies, speakers, authors, or other shows are coming to your town.
- Think about what you like to do at different times of year (Winter, Spring, Summer, Fall, when it's cold, hot, raining, snowing, during the holidays).
- Do you like animals, children, adventure, sports, music, reading, learning, art, cooking, traveling, or staying home? Do you like large groups, small groups, or solitary activities?

WHAT DO YOU LIKE TO DO FOR FUN?



Choose the top 6-10 activities that you are interested in trying.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

WHAT DO YOU LIKE TO DO FOR FUN?



Use this chart to keep track of the activities you try and how well you liked them.

Activity

How did it feel?
What did you think?

On a scale of 1-10, how
much fun did you have?