

Leisure Interest Checklist

Instructions: To complete this leisure interest checklist, read through the lists and identify each activity that strikes your interest. Place a checkmark in the box to the left of the activity. Utilize this list as a source of inspiration to increase your engagement in leisure activities.

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|--|---|--|
| ☐ Acting | ☐ Dancing | ☐ Having discussions |
| ☐ Amusement parks | ☐ Dating | ☐ Hiking |
| ☐ Animals | ☐ Decorating | ☐ Home decorating |
| ☐ Antiquing | ☐ Decoupage | ☐ Horseback riding |
| ☐ Arcade games | ☐ Dining out | ☐ Hot air balloons |
| ☐ Art | ☐ Discussing books | ☐ House repairs |
| ☐ Astronomy | ☐ Dog training | |
| ☐ Attending the circus | ☐ Doodling | ☐ Ice skating |
| ☐ Attending concerts | ☐ Drawing | ☐ Internet |
| ☐ Attending a fair | ☐ Dressmaking | |
| | ☐ Driving | ☐ Jewelry making |
| ☐ Baking | | ☐ Jigsaw puzzle |
| ☐ Ballroom dancing | ☐ Embroidery (needle work) | ☐ Jogging |
| ☐ Barbecuing | ☐ Entertaining | ☐ Journaling |
| ☐ Basket weaving | ☐ Event planning | ☐ Juggling |
| ☐ Beekeeping | ☐ Exercising | |
| ☐ Beading | | ☐ Karaoke |
| ☐ Bicycling | ☐ Family | ☐ Kayaking |
| ☐ Bird watching | ☐ Fantasy football | ☐ Knitting |
| ☐ Blogging (online journal) | ☐ Film making | |
| ☐ Board Games | ☐ Fishing | ☐ Landscaping |
| ☐ Boating | ☐ Floral arranging | ☐ Laser tag |
| ☐ Book binding | ☐ Flying a kite | ☐ Laughing |
| ☐ Bowling | | ☐ Learning a foreign language |
| ☐ Brunch | ☐ Gadgets | ☐ Learning something new |
| ☐ Buying fish & caring for them | ☐ Gardening | ☐ Leatherwork |
| | ☐ Genealogy | ☐ Library |
| ☐ Cake decorating | | ☐ Line dancing |
| ☐ Camping | ☐ Getting a massage | ☐ Listening to others |
| ☐ Candle making | ☐ Geo-caching | ☐ Listening to music |
| ☐ Canoeing | ☐ Gift giving | ☐ Looking at photographs/albums |
| ☐ Caring for plants | ☐ Glass blowing | |
| ☐ Caring for pets | ☐ Glass etching | ☐ Macramé |
| ☐ Carving | ☐ Going on a picnic | ☐ Magazines |
| ☐ Chess | ☐ Going out for coffee | ☐ Magic tricks |
| ☐ Cleaning | ☐ Going out for lunch | ☐ Manicures/pedicures |
| ☐ Cooking | ☐ Going to parks | ☐ Meditating |
| ☐ Collecting | ☐ Going to the aquarium | ☐ Meeting new people |
| ☐ Coloring | ☐ Going to the gym | ☐ Metalworking |
| ☐ Community clubs | ☐ Going to the pet store | ☐ Model building |
| ☐ Computer games | ☐ Going to the theater | ☐ Model trains/railroads |
| ☐ Computer programming | ☐ Going to the spa | ☐ Model ships |
| ☐ Crafting | ☐ Golfing | ☐ Motorcycles |
| ☐ Craft fairs | | ☐ Museums |
| ☐ Creative writing | ☐ Haircut | ☐ Music |
| ☐ Crochet | ☐ Hair styling | |
| ☐ Cruising | ☐ Ham radio | ☐ Needlework |

- ☐ Online shopping/browsing
- ☐ Origami
- ☐ Organizing
- ☐ Painting
- ☐ Paint ball
- ☐ Paper crafts
- ☐ Paper making
- ☐ Parks
- ☐ Parties
- ☐ Party planning
- ☐ Pinball
- ☐ Pinterest (website)
- ☐ Playing cards
- ☐ Playing pool
- ☐ Photography
- ☐ Pottery
- ☐ Practicing karate
- ☐ Practicing yoga
- ☐ Printmaking
- ☐ Playing a musical instrument
- ☐ Playing sports
- ☐ Puppets
- ☐ Quilling
- ☐ Quilting

- ☐ Reading books
- ☐ Reading the newspaper
- ☐ Refinishing furniture
- ☐ Relaxing
- ☐ Religion
- ☐ Repairing things around the house
- ☐ Riddles
- ☐ Rock Collecting

- ☐ Sailing
- ☐ Sand sculpting
- ☐ Scavenger hunts
- ☐ Sculpting
- ☐ Scuba diving
- ☐ Senior center
- ☐ Sewing
- ☐ Shadow boxes
- ☐ Shopping
- ☐ Sightseeing
- ☐ Singing
- ☐ Skating
- ☐ Skateboarding
- ☐ Sketching
- ☐ Skiing
- ☐ Sky diving
- ☐ Snowboarding

- ☐ Solving riddles
- ☐ Spelunking
- ☐ Sports
- ☐ Stained glass
- ☐ Stamp collecting
- ☐ Story telling
- ☐ Sunbathing
- ☐ Surfing
- ☐ Swimming
- ☐ Tai chi
- ☐ Talking on the phone
- ☐ Taking trips
- ☐ Taking a bath
- ☐ Taking classes
- ☐ Taking a vacation
- ☐ Teaching
- ☐ Technology
- ☐ Theater (plays, musicals)
- ☐ Traveling
- ☐ Treasure hunting
- ☐ Video games
- ☐ Visiting with family
- ☐ Visiting with friends
- ☐ Volunteering
- ☐ Walking
- ☐ Watercolors
- ☐ Watching movies
- ☐ Watching television
- ☐ Weaving
- ☐ Window shopping
- ☐ Whittling
- ☐ Word puzzles
- ☐ Writing (stories, books, poetry)
- ☐ Woodworking
- ☐ Working out
- ☐ Yard work
- ☐ Other: _____
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- ☐ Other: _____

Definitions:

Leisure: freedom from time-consuming duties, obligations, or activities; time or opportunity for ease, relaxation, etc.

Time when one is not working or occupied; free time

Time which one can spend as one likes, especially when one does not have to work

Leisure is activity – apart from the obligations of work, family, and society – to which the individual turns at will, for either relaxation, diversion, or broadening his knowledge and his spontaneous social participation, the free exercise of his creative capacity.

Leisure Activity: Those activities in which one engages during leisure time. They are usually engaging, positive, and match the strengths of the individual. Leisure activities provide distraction from distress, increase self-esteem, improve mood, and provide structure.

Benefits of leisure:

- Provide structure
- Improves mood
- Improves self-esteem
- Decreases anxiety
- Provides distraction
- Provides meaning
- Gives a sense of purpose
- An opportunity to give back
- Increases confidence
- Improves self-perceived competence
- Increases socialization
- Decreases stress
- Improved sense of control
- Personal satisfaction
- Improved quality of life
- Decreases negative self-talk
- Encourages introspection
- Fosters personal growth
- Opportunity to reset/renew
- Activates a passion within
- Refresh and (re-)energize
- and much, much more...