Social and Activity Portfolio												
Goal: Enhancing individual and personal activity level and growth while balancing brief relationships with enduring relationships 1. Think about being diversified and balanced 2. Build assets (activities and relationships) early 3. This is insurance against disability (change in your energy level) or loss (of friends, spouse or job) Inspired from Gene Cohen: The Mature Mind					 Look at the list (both sides) and choose 4 or 5 activities you most likely will do. Circle those choices Indicate in the adjacent two columns with a check whether the activity is active or sedentary Mark in the next colums if it is done as an individual, couple or in a group Continue with each set of columns for your five activities Total the number of checks at the bottom on the back side of the form and compare your results. Finish at home. 							
	Activity Level		Social Connec		Possibility		of Building g Social	Skill and Gift Use		Passion or Service or Fulfilling Purpose Vs. Fun		
								Uses Current	Develop		Fulfilling	Service
List of possible activities	Active	Sedentary	Individual	Couple	Group	Yes	No	Skills/Gifts	New Skills	Fun	Purpose	to others
Retreats												
Bible study												
Prayer group or faith based classes												
Interact with various generations												
Tutoring/teaching others												
Mentoring												
Current events discussion group												
Picnics or lunches out												
Woodworking												
Knitting or crocheting												
Sewing or Quilting												
Scrapbooking												
Painting												
Learn an instrument												
Learn a new language												
Ethical will or leaving a legacy												
Taking classes												
Travel in US (visiting family or friends)												
Travel - International												
Mission service - domestic & foreign												
Gardening												
Caregiving parents												
Caregiving grandchildren												
Playing games: Card (Bridge, Uno) or												
board games (Chess)												
Genealogy												
Reading												
Walking	1	<u> </u>				1				}		
Biking												
Swimming												
v										 		
Skiing, showshoeing, skating		1		1	1				1			

	Activity Level					Possibility of Building Enduring Social Relationship		Skill and Gift Use		Passion or Service or Fulfilling Purpose Vs. Fun		
			Social Connection									
List of possible activities	Active	Sedentary	Individual	Couple	Group	Yes	No	Uses Current Skills/Gifts	Develop New Skills	Fun	Fulfilling Purpose	Service to others
Team sports (such as volleyball, softball,												
basketball, bowling)												
Golf												
Visit attraction: zoo, art institute, gallery												
Attend sporting event												
Attend movies, plays or concerts												
Yoga or aerobics class												
Go to the gym to exercise												
Dancing (square, tap, ballet, Zumba)												
Bird watching												
Work on a prairie project												
Volunteer at the food shelf												
Volunteer at church												
Join a club (Lions or Kiwanis)												
Start a new small group or club												
Write for pleasure or publication												
Learn to cook or cook new foods												
Start a collection												
Scuba diving or snorkeling												
Try a new restaurant												
Reconnect with a hobby from your youth												
or begin a new hobby												
Retirement mentoring & how to use gifts &												
strengths to help others												
Networking with other retirees about their												
activities												
Other												
Other												
Other												
Other												
Total - add up number of checks in each column and												
then consider if you are diversified and balanced or what you might want to add or change												
	Active	Sedentary	Individual	Couple	Group	Yes	No	Uses Current Skills/Gifts	Develop New Skills	Fun	Fulfilling Purpose	Service to others
	Activi	ty Level	Social Connection			Possibility of Building Enduring Social Relationship		Skill and Gift Use		Passion or Service or Fulfilling Purpose Vs. Fun		
	Are your activities balanced, diversified and purposeful?											