

List of possible activities	Activity Level		Social Connection			Possibility of Building Enduring Social Relationship		Skill and Gift Use		Passion or Service or Fulfilling Purpose Vs. Fun		
	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												
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Are your activities balanced, diversified and purposeful?