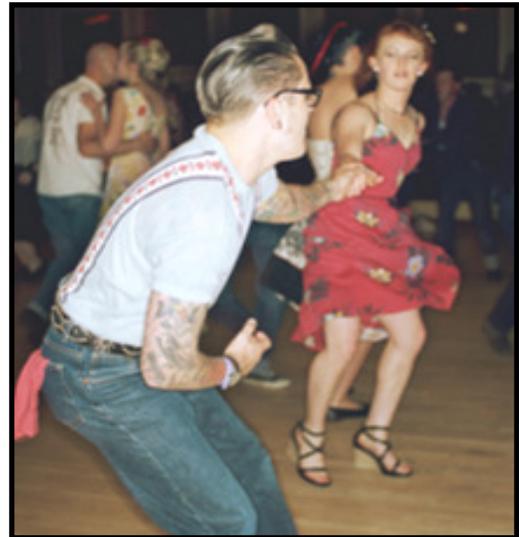




# FUN

## How to get more in your life! A Leisure Time Questionnaire



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# Introduction:

Being in touch with what kinds of leisure-time activities you find really enjoyable, and making time to engage in them is essential to happiness. There is a radiant joy on peoples' faces when they are engaging in activities they feel passionate about -- whether it be a five-year-old, or a seventy-five year old. If you have some hobbies that delight your soul, you have something to look forward to when you get to the "me time" part of the week. Knowing how to "play" makes the drudgeries of life bearable.

The sad fact is, these days, many Americans lead fun deprived lives. There are a variety of reasons for having a lack of fun in your life. The following are the most common obstacles to a fun-filled life and suggestions for overcoming them.

## **Obstacle #1: Not knowing how to play.**

Perhaps you were not exposed to many recreational activities when you were growing up. If you were raised in an alcoholic or dysfunctional family, your parents may not have modeled how to have fun. If you grew up in a very poor family, perhaps your parents were so busy just surviving they had no energy or time left for recreation. You may have picked up the subconscious message that "playing" is just for kids; when you're a grown-up you don't get to have fun anymore. Even though, as an adult, you may, in fact, have free time, you literally don't know what to do with it. You need to grant yourself genuine permission to play.

## **Obstacle #2: Losing touch with what kinds of activities you really enjoy.**

It is easy to get out of touch with what kinds of activities you feel passionate about as your life changes. Maybe you got very, very busy with a new tough job, graduate school, an ill parent, raising children etc., and by the time your life slowed back down again, you literally forgot how you used to spend your free time. Maybe you relocated and lost touch with all the people you used to do things with. Or perhaps you've been so seriously or mildly depressed for a few years that you have squelched the playful part of you way inside. Use this questionnaire to open your mind to the possibilities of what the playful child inside of you would enjoy doing if you gave him/her the opportunity.

## **Obstacle #3: Being forced to work a lot of overtime or two jobs for economic reasons.**

If you are truly forced to work a lot just to pay your basic bills, because you are genuinely poor, you can legitimately say you don't have a whole lot of time for fun. However, I observe that there are also plenty of people who create their own economic problems by overspending and excessive materialism. Many people get sucked into thinking that driving an expensive car or having a big house, and all kinds of material possessions will bring them happiness. The reality is, they don't, and paying for them uses up all your free time. I recommend simplifying your lifestyle; drive a small economical car, live in a modest house, and curb your consumerism. You can then reduce how much money you need to live each month, and WORK LESS AND PLAY MORE!!! If you get rid of your debt and huge mortgage, you can find time to go fishing, play cards, go dancing, garden, etc.

#### **Obstacle #4: Being a Workaholic.**

Some people work a lot even when they don't need the money!!! There is a great saying regarding this: **"No man ever says on his death bed: I wish I would have spent more time at the office."** Most workaholics end up divorced, and becoming strangers to their children. If you know you are a workaholic, I recommend getting some professional counseling to figure out the underlying reasons you feel impelled to work so much. Are you staving off depression instead of getting to the root of it? Do you not know how to play? Are you unhappy in your marriage? Work is an important part of life, but play is another wonderful dimension.

#### **Obstacle #5: Falsely believing that once you have kids, you don't get to have time for fun for yourself.**

It cannot be denied that your life changes DRASTICALLY when you become a parent, and you do have a lot less energy and time available for having fun for yourself. HOWEVER, this does not mean you do not get to have ANY fun time for yourself. It is my belief that if you do not take a little time out for yourself, the quality of your parenting starts to decrease. Many people believe that they can't get any "me time" away from their children because they can't afford childcare. The answer to this dilemma is to barter for childcare. The first person to barter with is your spouse/partner if you have one. Even though managing the kids by yourself for a day or two can be challenging, it also can be positive. You may find you get to know your children in new ways if you allow your spouse to go away for a weekend a couple times a year to do something he/she really enjoys that you don't. And when it's your turn to get away, don't feel a bit guilty if you don't miss your kids while you're engaging in your favorite hobbies!!!

You then need to tap into resources you have for childcare in your extended family and your circle of friends. Hopefully, you have friends and relatives willing to baby-sit once a month to give you a break. You may worry that you are imposing, but if you inquire, you may well find that some of your childless relatives and friends actually find it very enriching to spend time with your children. You may also discover that some relatives or friends with children are willing to add your children to their brood for an evening or even a weekend, as long as you are willing to return the favor. You may be surprised to discover that having extra kids around sometimes is less work, rather than more work, because the kids enjoy playing together and need less interventions from you.

Last but not least, always be on the lookout for new friends who are in the same boat you are. You need to figure out how to meet parents in your city similar enough to yourself in values and lifestyle that you would feel comfortable swapping childcare with them. To find such folks, go to parent/child type events in your neighborhood and start conversations with people. Get involved at your children's school. Check out Meet-up groups for your area on the internet. If you are persistent, you will meet people. I think you will find that if you start planning a three hour fun slot for yourself once every two weeks, it will have positive effects on you, both as a parent and as an individual (those two really aren't mutually exclusive).

#### **Obstacle #6: Lack of self confidence or sense of adventure to try new activities.**

One sure way to miss out on a lot of fun is to refuse to try new things because you're worried you won't be good at them. Hobbies are for FUN, it is not about performance. Lousy dancers have just as much fun as good dancers; people who are mediocre golfers have the same amount of fun as great golfers. You can certainly use hobbies to challenge yourself, that can be part of the fun. It's fine to try and become better at your

hobbies for the enjoyment that self improvement brings, but you don't need to compare your performance to other people. If you take a French class and you only learn 25% of what is taught, so what; you know a lot more French than before you took the class, and that's all that matters!!!

If you find that you just seem to have no sense of adventure, maybe its because you haven't considered the right new endeavor. Look through this list of activities and ignore the voice in your head that says you have to "perform" and just give something a try for the pure fun of it.

**Obstacle #7: Getting sucked into participating in low quality recreational activities like mindless TV or Internet surfing**

This has become more and more of a danger these days. I think it's because people tend to work long hours on their job, and so many people are single. If you get home at 6:30 and still have to cook dinner, it's hard to find motivation to go out and do something. The TV and your computer are readily accessible. The way to break this cycle is to start reserving one night during the week for cultivating a new hobby. Add some of your overtime hours to another day if necessary but get out of work one day by 5:00 p.m. Plan ahead to have a quick dinner for that night, like a sandwich, and get started on your hobby before 7:00 p.m. Make sure you've picked a new hobby to explore that is really appealing to you, so that you have high motivation to incorporate it into your life. It's fine to watch some good quality TV, and the Internet can be a great thing. However, when it starts to become your major source of recreation, you're really selling yourself short.

**Obstacle #8: Dwelling on your life problems or the "rotten" state of the world all of your waking hours.**

It's important to think about world problems, and to be actively involved in helping to solve them. But—it is not healthy to sit around obsessing about the state of the world to the point that you don't take some time out for fun.

Likewise, with the problems you are grappling with on a personal level. Maybe you're in debt, have a terminally ill parent, a house that needs lots of work, a Masters' thesis that you're behind on, an endless "to do" list for your family business, etc. It's okay to take a break from your problems for a few hours. Relaxing or playing for a few hours will help you regain strength for tackling your problems.

**Obstacle #9: Agreeing to do lots of activities with your spouse/partner that you don't really enjoy.**

Most couples discover that each person in the relationship has at least one or two hobbies that he/she enjoys immensely that his/her partner does not like. I have observed that people seem happier when 1) They do not give up engaging in their favorite kinds of fun to accommodate the relationship and 2) They do not force themselves to do things they really do not enjoy to please their partner. It is certainly a fine idea to give snow-mobiling or opera, or square dancing a try, if this is your partner's passion in life. Maybe you'll like it and it can be added to your couple hobbies. But—if you find that you really DO NOT LIKE your partners favorite pastime, be honest about it, and encourage him/her to enjoy it without you.

Scheduling regular "separate time" to pursue non-compatible hobbies can be very enriching for a relationship as long as you also make sure to continually cultivate things you can enjoy doing together. Doing compatible hobbies together, and incompatible

hobbies separately, is a win/win situation instead of doing things you don't enjoy and then ending up with no time to pursue your first choice fun activities.

**Obstacle #10: Putting an endless number of things in your life ahead of having fun: Allowing yourself to be "obligated" out of all your free time.**

"I never seem to have any time for fun" is a very common complaint. There are some obvious things that eat up peoples' free time, the three biggest being: overtime/working a second job, raising kids, and taking care of aging/ill parents. However, oftentimes there's a whole lot of little obligations that "nickel and dime" you to death. This is where you have some choices. If you repeatedly find that all your free time disappears, examine all of the obligations and favors that are gobbling up your free time. Do you really want/need to be doing all these favors? Do the friends/acquaintances you are doing these favors for reciprocate and do things for you, or is it often a one way street?

Are family members asking you to do things for them that they really could do for themselves or easily live without, if you declined? Are the requests made by your family members for your time excessive and inappropriate, if you figure your needs into the equation? If you find yourself answering yes to a lot of these questions, it's time to set some new boundaries with your family and friends. Giving to other people is a wonderful thing to do, but it's important to give to yourself as well.

**Obstacle #11: Thinking that you need a considerable amount of money to have fun.**

Our society brainwashes people into thinking they need to spend a lot of money to have fun. We are getting conned into believing that we need all kinds of expensive "toys." Peoples' vacations are also getting more and more exotic and costly. Likewise, people think nothing of spending \$75.00 on a Saturday night dinner. If you **spend** lots of money, you need to **make** lots of money, and that usually means working lots of hours. It becomes a vicious cycle.

When you start working lots of hours, you eventually end up feeling frustrated and deprived. So you go out and buy yourself a new toy, or take an expensive vacation, which then hooks you into continuing to work a lot!! If you cultivate more affordable hobbies, you can work a lot less and have time to enjoy them. There are many, many inexpensive ways to have fun. Some of my favorites are playing cards or games like Pictionary, hiking in nature areas, cooking gourmet meals at home, community theatre, badminton, Swing dancing, bicycling, and camping. Take a look through this questionnaire and see what kinds of things sound appealing to you.

**Obstacle #12: Letting friends pressure you to do activities you're not really all that into.**

It's easy to just go with the flow when you are hanging with your friends. Maybe you don't really like hanging out at a bar playing darts, but that's what your buddies want to do. Maybe your girlfriends love going out and listening to folk music, which you really find a little boring. It's important to spend at least some of your leisure time doing activities you REALLY LOVE. If you live in a medium-sized or large city, you can use the internet to find people doing all different kinds of activities using Meet-Up.com., a social networking website that helps people find others in their local area who share their interests. You can also become a Meet-Up event organizer for only \$15.00 a month and start your own group. I personally love playing games like Pictionary, Taboo, and fooseball and have been running a group for over seven years, and I currently have 400 interested people signed up! About fifteen people show up at my house once a month for a games party -- no ax murderers yet!

**Obstacle #13: Underestimating how important fun is.**

This is perhaps the biggest obstacle to incorporating regular fun into your life. You have to make fun a **PRIORITY**. You have to protect your “me time” and not guilt trip yourself about wanting/needing regular fun in your life. You have to see fun as a rejuvenating activity which will ultimately help you be more productive in your work, and help you have more rewarding relationships with your family members. You need to **plan** regular fun ahead of time. When you plan your fun, you get to do your favorite, first choice, activities rather than just throwing together something at the last minute which may be somewhat enjoyable, but not high quality fun.

# Directions:

- 1) Open your mind to new possibilities. There are a lot of answers to the questions "What do you want to do this weekend?" or "What do you want to do for next year's vacation?" Have you ever considered hunting for wild mushrooms, ballroom dancing, orienteering, or quilting? How about swimming with dolphins, or snowshoeing on a Montana mountain, or a Shakespeare Festival? Maybe these are not the right choices for you, but surely out of this list of 300+ hobbies, you can find some new options for fun!!!
- 2) Go through the entire questionnaire. Take your time. This can be done over several days.
- 3) Check off all the activities that you would either like to do more often, or new activities you would like to incorporate into your life.
- 4) Make a plan to free up time in your life to schedule the new hobbies you have chosen.
- 5) Review this questionnaire twice a year to see if you have followed through on your goals to try these new activities.
- 6) You can pull this questionnaire back out in a few years. It's important to re-examine your recreational activities as you go through various life transitions. Sometimes you have to move on to new hobbies because of any of the following life transitions: having kids, getting divorced, aging, children leaving home, retirement, decrease in income, injuries, getting married, moving in with a partner, etc. Sometimes you have to give up hobbies because they just don't work for you anymore. It is very important to replace the hobbies you give up with new ones. Hopefully, this questionnaire will open your mind to possibilities. This list can be stored in the closet and revisited after a few years, or even a decade. It most certainly takes a lifetime to explore all the possibilities there are for fun!!!

# Art Related Activities

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Attending Art Fairs or Shows	<input type="checkbox"/>	<input type="checkbox"/>
Block Printing	<input type="checkbox"/>	<input type="checkbox"/>
Ceramics	<input type="checkbox"/>	<input type="checkbox"/>
Collage'	<input type="checkbox"/>	<input type="checkbox"/>
Collecting Artwork	<input type="checkbox"/>	<input type="checkbox"/>
Computer Assisted Art	<input type="checkbox"/>	<input type="checkbox"/>
Drawing/Sketching	<input type="checkbox"/>	<input type="checkbox"/>
Fabric Art	<input type="checkbox"/>	<input type="checkbox"/>
Jewelry Making	<input type="checkbox"/>	<input type="checkbox"/>
Metal Sculpting	<input type="checkbox"/>	<input type="checkbox"/>
Mosaics	<input type="checkbox"/>	<input type="checkbox"/>
Painting, Murals	<input type="checkbox"/>	<input type="checkbox"/>
Painting: Oil or Acrylic	<input type="checkbox"/>	<input type="checkbox"/>
Painting: Watercolor	<input type="checkbox"/>	<input type="checkbox"/>
Paper Machete	<input type="checkbox"/>	<input type="checkbox"/>
Photography	<input type="checkbox"/>	<input type="checkbox"/>
Pottery	<input type="checkbox"/>	<input type="checkbox"/>
Scrapbooking	<input type="checkbox"/>	<input type="checkbox"/>
Sculpture	<input type="checkbox"/>	<input type="checkbox"/>
Stained Glass	<input type="checkbox"/>	<input type="checkbox"/>
Visiting Art Galleries	<input type="checkbox"/>	<input type="checkbox"/>
Visiting Art Museums	<input type="checkbox"/>	<input type="checkbox"/>

## Building/Designing/Tinkering Beautification/Restoration/Repair

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Building Models	<input type="checkbox"/>	<input type="checkbox"/>
Carpentry Projects for Your Home	<input type="checkbox"/>	<input type="checkbox"/>
Designing / Inventing Things to Sell	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Designing / Inventing Things to Be Given as Gifts	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Furniture Making or Restoration	<input type="checkbox"/>	<input type="checkbox"/>
Gardening, Flower or Rock	<input type="checkbox"/>	<input type="checkbox"/>
Home Decorating	<input type="checkbox"/>	<input type="checkbox"/>
Home Renovation/Beautification	<input type="checkbox"/>	<input type="checkbox"/>
Landscaping (Not for Profit)	<input type="checkbox"/>	<input type="checkbox"/>
Racecars, Building	<input type="checkbox"/>	<input type="checkbox"/>
Restoring, Antiques	<input type="checkbox"/>	<input type="checkbox"/>
Restoring Old Cars: Bodywork Mechanical	<input type="checkbox"/>	<input type="checkbox"/>
Restoring Old Toys or Making New Toys	<input type="checkbox"/>	<input type="checkbox"/>
Tinkering with Motors, Machinery, Etc.	<input type="checkbox"/>	<input type="checkbox"/>
Tinkering with Computers, Software	<input type="checkbox"/>	<input type="checkbox"/>
Tinkering with Computers, Hardware	<input type="checkbox"/>	<input type="checkbox"/>
Tinkering with Miniature Trains / Building Train Villages	<input type="checkbox"/>	<input type="checkbox"/>

# Collecting/Shopping

Check as many as you like.

I enjoy this activity and would like to do it more often.

I would like to try this activity.

Collecting Antiques



Collecting Art



Collecting Comic Books



Collecting Dolls



Collecting, Misc.



Describe:

Describe:

Describe:

Describe:

Collecting Memorabilia



Collecting Stamps or Coins



Shopping at Auctions/Flea Markets



Shopping at Malls



Shopping at Thrift Shops



Shopping, TV or Catalog



Shopping, Browsing at Bookstores

## Drama Related Activities

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Acting in Community Theatre	<input type="checkbox"/>	<input type="checkbox"/>
Attending Community Theaters Plays - Light/Serious Plays	<input type="checkbox"/>	<input type="checkbox"/>
Attending Community Theaters Plays - Musicals	<input type="checkbox"/>	<input type="checkbox"/>
Attending Community Theaters Plays - Comedy Plays	<input type="checkbox"/>	<input type="checkbox"/>
Attending Poetry Readings	<input type="checkbox"/>	<input type="checkbox"/>
Attending Professional Theatre - Light/Serious Plays	<input type="checkbox"/>	<input type="checkbox"/>
Attending Professional Theater - Musicals	<input type="checkbox"/>	<input type="checkbox"/>
Attending Professional Theater - Comedies	<input type="checkbox"/>	<input type="checkbox"/>
Attending Broadway Theater - Light/Serious Plays	<input type="checkbox"/>	<input type="checkbox"/>
Attending Broadway Theater - Comedies	<input type="checkbox"/>	<input type="checkbox"/>
Attending Broadway Theater - Musicals	<input type="checkbox"/>	<input type="checkbox"/>
Community Theatre, Costume Design	<input type="checkbox"/>	<input type="checkbox"/>
Community Theatre, Directing	<input type="checkbox"/>	<input type="checkbox"/>
Community Theatre, Lighting	<input type="checkbox"/>	<input type="checkbox"/>
Community Theatre, Set Design	<input type="checkbox"/>	<input type="checkbox"/>
Community Theatre, Writing Plays	<input type="checkbox"/>	<input type="checkbox"/>

# Excitement/Adventure

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Bungee Jumping	<input type="checkbox"/>	<input type="checkbox"/>
Flying Small Planes	<input type="checkbox"/>	<input type="checkbox"/>
Gambling	<input type="checkbox"/>	<input type="checkbox"/>
Going to Amusement Parks	<input type="checkbox"/>	<input type="checkbox"/>
Going on Wildlife Safaris	<input type="checkbox"/>	<input type="checkbox"/>
Hang-Gliding	<input type="checkbox"/>	<input type="checkbox"/>
Hot Air Ballooning	<input type="checkbox"/>	<input type="checkbox"/>
Racecars, Driving	<input type="checkbox"/>	<input type="checkbox"/>
Rock Climbing	<input type="checkbox"/>	<input type="checkbox"/>
Skydiving	<input type="checkbox"/>	<input type="checkbox"/>
Snow-Mobiling	<input type="checkbox"/>	<input type="checkbox"/>
Spelunking	<input type="checkbox"/>	<input type="checkbox"/>
Traveling to Exciting Places	<input type="checkbox"/>	<input type="checkbox"/>
Watching Car or Horse Racing	<input type="checkbox"/>	<input type="checkbox"/>
White Water Rafting	<input type="checkbox"/>	<input type="checkbox"/>
Wilderness Exploration	<input type="checkbox"/>	<input type="checkbox"/>

# Games/Toys

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Bingo	<input type="checkbox"/>	<input type="checkbox"/>
Board Games	<input type="checkbox"/>	<input type="checkbox"/>
Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Building or Shooting Off Rockets	<input type="checkbox"/>	<input type="checkbox"/>
Card Games:	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Card Games: Bridge	<input type="checkbox"/>	<input type="checkbox"/>
Card Games: Euchre, Pinochle, Spades	<input type="checkbox"/>	<input type="checkbox"/>
Chess	<input type="checkbox"/>	<input type="checkbox"/>
Communication Games: Pictionary, Taboo, Apples to Apples Etc.	<input type="checkbox"/>	<input type="checkbox"/>
Cribbage	<input type="checkbox"/>	<input type="checkbox"/>
Darts	<input type="checkbox"/>	<input type="checkbox"/>
Foosball	<input type="checkbox"/>	<input type="checkbox"/>
Games, Other	<input type="checkbox"/>	<input type="checkbox"/>
Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Games: Informational: i.e. Trivia Pursuit, Chronology	<input type="checkbox"/>	<input type="checkbox"/>
Playing with Radio Controlled Planes, Boats, Cars, Drones, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Pool or Billiards	<input type="checkbox"/>	<input type="checkbox"/>
Scrabble	<input type="checkbox"/>	<input type="checkbox"/>
Solitaire	<input type="checkbox"/>	<input type="checkbox"/>
String Games	<input type="checkbox"/>	<input type="checkbox"/>
Video Games	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Describe:		

# Handicrafts

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Basket Weaving	<input type="checkbox"/>	<input type="checkbox"/>
Beading/Macramé	<input type="checkbox"/>	<input type="checkbox"/>
China Painting	<input type="checkbox"/>	<input type="checkbox"/>
Embroidery / Needlecraft	<input type="checkbox"/>	<input type="checkbox"/>
Flower Arranging	<input type="checkbox"/>	<input type="checkbox"/>
Jewelry Making	<input type="checkbox"/>	<input type="checkbox"/>
Knitting / Crocheting	<input type="checkbox"/>	<input type="checkbox"/>
Leather Crafts	<input type="checkbox"/>	<input type="checkbox"/>
Making Handicrafts for Yourself	<input type="checkbox"/>	<input type="checkbox"/>
Making Handicrafts for Gifts	<input type="checkbox"/>	<input type="checkbox"/>
Making Handicrafts for Sale	<input type="checkbox"/>	<input type="checkbox"/>
Making Toys or Games	<input type="checkbox"/>	<input type="checkbox"/>
Origami	<input type="checkbox"/>	<input type="checkbox"/>
Quilting	<input type="checkbox"/>	<input type="checkbox"/>
Sewing	<input type="checkbox"/>	<input type="checkbox"/>
Spinning / Weaving	<input type="checkbox"/>	<input type="checkbox"/>
Taxidermy	<input type="checkbox"/>	<input type="checkbox"/>
Whittling / Wood Carving	<input type="checkbox"/>	<input type="checkbox"/>
Woodworking	<input type="checkbox"/>	<input type="checkbox"/>

# Intellectual Development

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Attending Lectures	<input type="checkbox"/>	<input type="checkbox"/>
Browsing in Bookstores	<input type="checkbox"/>	<input type="checkbox"/>
Computer-Aided Educational Activities	<input type="checkbox"/>	<input type="checkbox"/>
Discussion / Personal Growth Groups	<input type="checkbox"/>	<input type="checkbox"/>
Giving Speeches, i.e. Toastmasters	<input type="checkbox"/>	<input type="checkbox"/>
Listening to Educational Radio Programs	<input type="checkbox"/>	<input type="checkbox"/>
Reading: Fiction Serious	<input type="checkbox"/>	<input type="checkbox"/>
Reading: Newspapers, News Magazines, Internet News	<input type="checkbox"/>	<input type="checkbox"/>
Reading: Non-Fiction, Serious	<input type="checkbox"/>	<input type="checkbox"/>
Reading: Poetry	<input type="checkbox"/>	<input type="checkbox"/>
Surfing the Internet	<input type="checkbox"/>	<input type="checkbox"/>
Taking Personal Enrichment Classes	<input type="checkbox"/>	<input type="checkbox"/>
Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Taking Personal Enrichment Classes	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Thinking	<input type="checkbox"/>	<input type="checkbox"/>
Visiting Museums	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Serious Drama	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Serious Science Fiction	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Epics, Documentaries	<input type="checkbox"/>	<input type="checkbox"/>
Watching or Listening to the News on TV/Radio	<input type="checkbox"/>	<input type="checkbox"/>
Writing, Journaling	<input type="checkbox"/>	<input type="checkbox"/>
Writing: Poetry Fiction Non-Fiction Persuasive	<input type="checkbox"/>	<input type="checkbox"/>

# Mental Stimulation/Amusement

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Attending Comedy Shows	<input type="checkbox"/>	<input type="checkbox"/>
Listening to Police Radio	<input type="checkbox"/>	<input type="checkbox"/>
Puzzles, Crosswords	<input type="checkbox"/>	<input type="checkbox"/>
Puzzles, Other	<input type="checkbox"/>	<input type="checkbox"/>
Reading, Fiction, Light	<input type="checkbox"/>	<input type="checkbox"/>
Reading, Science Fiction	<input type="checkbox"/>	<input type="checkbox"/>
Reading Magazines	<input type="checkbox"/>	<input type="checkbox"/>
Star Gazing	<input type="checkbox"/>	<input type="checkbox"/>
Surfing the Internet	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Science Fiction, Light	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Action/Adventure	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Comedy	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Horror	<input type="checkbox"/>	<input type="checkbox"/>
Watching Movies/Videos/TV: Light Drama	<input type="checkbox"/>	<input type="checkbox"/>
Watching TV: Game Shows, Reality Shows	<input type="checkbox"/>	<input type="checkbox"/>
Watching TV: Comedy, Sit-Coms or Light Drama	<input type="checkbox"/>	<input type="checkbox"/>
Watching Sports on TV	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Watching Sports on TV Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Watching Games on TV Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		

# Music Related Activities

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Attending Musical Concerts:	<input type="checkbox"/>	<input type="checkbox"/>
Pop      Rock      Blues      Classical		
Folk      Jazz      Rap		
Attending Operas	<input type="checkbox"/>	<input type="checkbox"/>
Dancing: Jazz   Modern   Tap	<input type="checkbox"/>	<input type="checkbox"/>
Dancing:   Belly   Country & Western   Ballroom	<input type="checkbox"/>	<input type="checkbox"/>
Dancing:   Contra   Square   Folk   Line	<input type="checkbox"/>	<input type="checkbox"/>
Dancing:   Rock and Roll   Swing   Club	<input type="checkbox"/>	<input type="checkbox"/>
Karaoke	<input type="checkbox"/>	<input type="checkbox"/>
Listening to Music on Radio:	<input type="checkbox"/>	<input type="checkbox"/>
Pop   Rock   Blues   Folk   Classical   Jazz   Rap		
Listening to Music Recordings	<input type="checkbox"/>	<input type="checkbox"/>
Pop   Rock   Blues   Folk   Classical   Jazz   Rap		
Playing an Instrument Alone	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Playing an Instrument in Large Groups	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Playing an Instrument in Small Groups	<input type="checkbox"/>	<input type="checkbox"/>
Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Singing Alone	<input type="checkbox"/>	<input type="checkbox"/>
Singing in Groups or Performance Singing	<input type="checkbox"/>	<input type="checkbox"/>
Watching Dance Performances:   Ballet	<input type="checkbox"/>	<input type="checkbox"/>
Watching Dance Performances	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Writing Songs	<input type="checkbox"/>	<input type="checkbox"/>

# Nature/Animal Related Activities

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Backpacking	<input type="checkbox"/>	<input type="checkbox"/>
Beekeeping	<input type="checkbox"/>	<input type="checkbox"/>
Bird Watching	<input type="checkbox"/>	<input type="checkbox"/>
Breeding or Showing Animals	<input type="checkbox"/>	<input type="checkbox"/>
Camping, Regular	<input type="checkbox"/>	<input type="checkbox"/>
Camping, Winter	<input type="checkbox"/>	<input type="checkbox"/>
Collecting Wild Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>
Cross Country Skiing	<input type="checkbox"/>	<input type="checkbox"/>
Fishing	<input type="checkbox"/>	<input type="checkbox"/>
Gardening: Vegetables, Herbs, Flowers	<input type="checkbox"/>	<input type="checkbox"/>
Going to Zoos	<input type="checkbox"/>	<input type="checkbox"/>
Horseback Riding	<input type="checkbox"/>	<input type="checkbox"/>
Hunting: Rifle Bow & Arrow	<input type="checkbox"/>	<input type="checkbox"/>
Mountain Biking	<input type="checkbox"/>	<input type="checkbox"/>
Nature Interpretation	<input type="checkbox"/>	<input type="checkbox"/>
Picnicking	<input type="checkbox"/>	<input type="checkbox"/>
Playing / Cuddling with Pets	<input type="checkbox"/>	<input type="checkbox"/>
Riding / Driving in the Country	<input type="checkbox"/>	<input type="checkbox"/>
Rodeo Sports	<input type="checkbox"/>	<input type="checkbox"/>
Showing Animals	<input type="checkbox"/>	<input type="checkbox"/>
Swimming with Dolphins	<input type="checkbox"/>	<input type="checkbox"/>
Walking or Snowshoeing in the Woods	<input type="checkbox"/>	<input type="checkbox"/>
Watching Clouds	<input type="checkbox"/>	<input type="checkbox"/>

# Physical Fitness

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Aerobic Exercise / Dance	<input type="checkbox"/>	<input type="checkbox"/>
Biking	<input type="checkbox"/>	<input type="checkbox"/>
Calisthenics	<input type="checkbox"/>	<input type="checkbox"/>
Jogging	<input type="checkbox"/>	<input type="checkbox"/>
Karate/Judo	<input type="checkbox"/>	<input type="checkbox"/>
Mountain Biking	<input type="checkbox"/>	<input type="checkbox"/>
Power Walking	<input type="checkbox"/>	<input type="checkbox"/>
Spinning	<input type="checkbox"/>	<input type="checkbox"/>
Swimming, Lap	<input type="checkbox"/>	<input type="checkbox"/>
Tai Chi	<input type="checkbox"/>	<input type="checkbox"/>
Using Exercise Equipment	<input type="checkbox"/>	<input type="checkbox"/>
Walking	<input type="checkbox"/>	<input type="checkbox"/>
Weight Lifting	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>

# Physical Pleasure

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Baking	<input type="checkbox"/>	<input type="checkbox"/>
Cooking	<input type="checkbox"/>	<input type="checkbox"/>
Daydreaming	<input type="checkbox"/>	<input type="checkbox"/>
Dining Out	<input type="checkbox"/>	<input type="checkbox"/>
Drinking Beer / Cocktails / Wine	<input type="checkbox"/>	<input type="checkbox"/>
Eating for Pleasure	<input type="checkbox"/>	<input type="checkbox"/>
Girl / Guy Watching	<input type="checkbox"/>	<input type="checkbox"/>
Going to Coffee Shops Alone	<input type="checkbox"/>	<input type="checkbox"/>
Hot Tubing / Sauna	<input type="checkbox"/>	<input type="checkbox"/>
Kissing / Hugging / Cuddling	<input type="checkbox"/>	<input type="checkbox"/>
Massage	<input type="checkbox"/>	<input type="checkbox"/>
Masturbating	<input type="checkbox"/>	<input type="checkbox"/>
Sex	<input type="checkbox"/>	<input type="checkbox"/>
Sun-Bathing	<input type="checkbox"/>	<input type="checkbox"/>

# Socializing/Relating

Check many as you like.

**I enjoy this activity and would like to do it more often.**

**I would like to try this activity.**

Attending Dinner Parties	<input type="checkbox"/>	<input type="checkbox"/>
Attending Foreign Language Conversation Classes	<input type="checkbox"/>	<input type="checkbox"/>
Attending Parties, Misc.	<input type="checkbox"/>	<input type="checkbox"/>
Attending Self Help/Support Groups	<input type="checkbox"/>	<input type="checkbox"/>
Birthday Celebrations	<input type="checkbox"/>	<input type="checkbox"/>
Chatting on the Phone with Friends / Lovers / Family	<input type="checkbox"/>	<input type="checkbox"/>
E-mailing	<input type="checkbox"/>	<input type="checkbox"/>
Going to Coffee Shops with Someone	<input type="checkbox"/>	<input type="checkbox"/>
Holiday Celebrations	<input type="checkbox"/>	<input type="checkbox"/>
Interacting on the Internet-- Blogging	<input type="checkbox"/>	<input type="checkbox"/>
Interacting on the Internet: Facebook, Twitter, Instagram, Other Social Media	<input type="checkbox"/>	<input type="checkbox"/>
Misc. Celebrations	<input type="checkbox"/>	<input type="checkbox"/>
Playing with Children	<input type="checkbox"/>	<input type="checkbox"/>
Relating with Family	<input type="checkbox"/>	<input type="checkbox"/>
Rites of Passage	<input type="checkbox"/>	<input type="checkbox"/>
Socializing at Bars	<input type="checkbox"/>	<input type="checkbox"/>
Socializing via Meet-Up Groups or Other Social Clubs	<input type="checkbox"/>	<input type="checkbox"/>
Socially Relating with Friends	<input type="checkbox"/>	<input type="checkbox"/>
Talking Seriously with Friends	<input type="checkbox"/>	<input type="checkbox"/>
Writing Letters	<input type="checkbox"/>	<input type="checkbox"/>

# Sports

## Active Sports

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Basketball	<input type="checkbox"/>	<input type="checkbox"/>
Bicycling	<input type="checkbox"/>	<input type="checkbox"/>
Boxing	<input type="checkbox"/>	<input type="checkbox"/>
Canoeing	<input type="checkbox"/>	<input type="checkbox"/>
Diving	<input type="checkbox"/>	<input type="checkbox"/>
Dog Sledding	<input type="checkbox"/>	<input type="checkbox"/>
Fencing	<input type="checkbox"/>	<input type="checkbox"/>
Field Hockey	<input type="checkbox"/>	<input type="checkbox"/>
Football: Flag or Tackle	<input type="checkbox"/>	<input type="checkbox"/>
Frisbee Golf	<input type="checkbox"/>	<input type="checkbox"/>
Frisbee: Regular	<input type="checkbox"/>	<input type="checkbox"/>
Golf	<input type="checkbox"/>	<input type="checkbox"/>
Hockey	<input type="checkbox"/>	<input type="checkbox"/>
Ice-skating	<input type="checkbox"/>	<input type="checkbox"/>
Jet Skiing	<input type="checkbox"/>	<input type="checkbox"/>
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>
Martial Arts	<input type="checkbox"/>	<input type="checkbox"/>
Misc Olympic Sports	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Motocross, Mini Bikes, or ATV's	<input type="checkbox"/>	<input type="checkbox"/>
Mountain Bike Riding	<input type="checkbox"/>	<input type="checkbox"/>
Polo	<input type="checkbox"/>	<input type="checkbox"/>
Racquetball	<input type="checkbox"/>	<input type="checkbox"/>

# Sports

## Active Sports (Continued)

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Roller-Skating / Roller-Blading / Roller Derby	<input type="checkbox"/>	<input type="checkbox"/>
Rowing	<input type="checkbox"/>	<input type="checkbox"/>
Sailing	<input type="checkbox"/>	<input type="checkbox"/>
Skateboarding	<input type="checkbox"/>	<input type="checkbox"/>
Scuba Diving	<input type="checkbox"/>	<input type="checkbox"/>
Skiing, Cross Country	<input type="checkbox"/>	<input type="checkbox"/>
Skiing, Downhill	<input type="checkbox"/>	<input type="checkbox"/>
Sledding/Tobogganing	<input type="checkbox"/>	<input type="checkbox"/>
Snowboarding	<input type="checkbox"/>	<input type="checkbox"/>
Soccer	<input type="checkbox"/>	<input type="checkbox"/>
Softball/Baseball	<input type="checkbox"/>	<input type="checkbox"/>
Surfing, Body	<input type="checkbox"/>	<input type="checkbox"/>
Surfing	<input type="checkbox"/>	<input type="checkbox"/>
Swimming, Indoor	<input type="checkbox"/>	<input type="checkbox"/>
Swimming, Outdoor	<input type="checkbox"/>	<input type="checkbox"/>
Tennis	<input type="checkbox"/>	<input type="checkbox"/>
Track & Field Sports	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Volleyball	<input type="checkbox"/>	<input type="checkbox"/>
Water Skiing	<input type="checkbox"/>	<input type="checkbox"/>
White Water Rafting	<input type="checkbox"/>	<input type="checkbox"/>
Wrestling, Regular or Mud	<input type="checkbox"/>	<input type="checkbox"/>

# Sports

## Semi-Active Sports / Other Sports

Check as many as you like.

I enjoy this activity and would like to do it more often.

I would like to try this activity.

Archery

Badminton

Bocce Ball

Bowling

Croquet

Hackey-Sak

Horseshoes

Hula Hooping

Juggling

Kite Flying

Motor Boating

Motorcycle Riding

New Games

Ping-Pong

Putt-Putt Golf

Strolling

Target Shooting

Tubing

# Sports

## Attending Sporting Events

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Attending School Age Sporting Events	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Attending School Age Sporting Events	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Attending College Level Sporting Events	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Attending College Level Sporting Events	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Attending Olympic/Professional Level Sporting Events	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		

# Traveling/Sightseeing/Festivals/Events

Check as many as you like.

	I enjoy this activity and would like to do it more often.	I would like to try this activity.
Attending Fairs & Festivals	<input type="checkbox"/>	<input type="checkbox"/>
Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Attending Events:	<input type="checkbox"/>	<input type="checkbox"/>
Describe:	<input type="checkbox"/>	<input type="checkbox"/>
Attending Events:	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Attending Events:	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Going on Cruises	<input type="checkbox"/>	<input type="checkbox"/>
Going to Circuses/Parades	<input type="checkbox"/>	<input type="checkbox"/>
Going to Zoos	<input type="checkbox"/>	<input type="checkbox"/>
Sightseeing, Historical Sites	<input type="checkbox"/>	<input type="checkbox"/>
Sightseeing, General	<input type="checkbox"/>	<input type="checkbox"/>
Traveling International	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Describe:		
Traveling, Domestic	<input type="checkbox"/>	<input type="checkbox"/>
Describe:		
Describe:		
Traveling by Motorcycle	<input type="checkbox"/>	<input type="checkbox"/>
Traveling by Train	<input type="checkbox"/>	<input type="checkbox"/>
Visiting Old Graveyards	<input type="checkbox"/>	<input type="checkbox"/>