## A Variety of Leisure Interests to Consider

### Creative Activities
- Drawing
- Handcrafts with paper, foam, etc.
- Painting
- Tile work
- Woodworking
- Ceramics
- Glasswork/stained glass
- Sewing
- Needlework
- Quilting
- Creative writing/poetry
- Scrapbooking
- Playing musical instrument
- Photography
- Fly-tying
- Whittling
- Singing
- Cooking
- Cake decorating
- Drama/ Set design

### Outdoor Activities
- Picnics/cookouts
- Bicycling
- Skateboarding/roll’blading
- ATV/motorcycling
- Pleasurable driving
- Racing cars/small cars
- Flying planes/models
- Fishing
- Camping
- Hunting
- Birdwatching
- Beach activities
- Water sports
- Horseback riding
- Skiing/waterskiing
- Spelunking
- Hiking
- Rock/wall climbing
- Zip lining
- Skydiving
- Gardening/landscaping
- Travel/cruises
- Bungee jumping
- Amusement parks

### Spectator Events
- Concerts
- Plays
- Movies
- Sports events
- Political gatherings/rallies
- Attending public marathons
- Frequenting observatories, zoos, special events, rodeos, monster truck shows

### Social/Group Activities
- Religious/spiritual clubs/organizations
- Parties/seasonal programs
- Group/book discussions
- Volunteering
- Choral groups/bands
- Shopping
- Frequenting restaurants/clubs
- Art walks
- Visiting public centers/museums
- Team sports/marathons
- Group fitness/wellness activities
- Cruises/travel in groups
- Wine tasting
- Meal with theater or art add-ons
- Bingo/cards/games of chance
- Teaching for pleasure

### Solitary Activities
- Movies, videos
- Computer activities/games
- Word puzzles/games
- Jigsaw puzzles/brain twisters
- Listening to music
- Reading/book tapes
- Meditation/prayer
- Solitary card games
- Work on collections
- Pet care
- Window shopping
- Home decorating or spiffing
- Journaling
- Collecting
- Strolling in nature, malls, parks, on beaches or in neighborhoods

### Sedentary Games/Activities
- Trivia games
- Board games
- Computer games
- Surfing the net
- Participating in social media
- Texting/ phoning
- Solitary card games
- Listening to music
- Watching movies or television

### Physical Activities
- Dancing
- Archery
- Baseball/softball
- Tennis/Badminton
- Running/jogging
- Walking/powerwalking
- Pool/shuffleboard
- Bowling
- Volleyball
- Horseshoes
- Exercise/yoga/aerobics
- Golf/miniature golf
- Weightlifting/training
- Basketball
- Martial arts
- Swimming
- Marathon walking or racing
- Trampoline/bungee

Peloquin, 2018. Retirement as Jubilation. Adapted from Leisure inventory by Pat Black CRTS
PLEASURE: ANALYSIS OF PLEASURE AT WORK and in THREE MOST PLEASURABLE PRESENT OR PAST ACTIVITIES

List three FAVORITE FUN or PLEASURABLE ACTIVITIES in the column at the left. Using cues in the top row, analyze “fun” elements at work and within your three activities by specifying within each box the elements from the top row that best characterize the activity. As you deem fit, note any other elements not listed.

<table>
<thead>
<tr>
<th>ELEMENTS OF THE ACTIVITY</th>
<th>Physical Challenge</th>
<th>Intellectual Challenge</th>
<th>Thrill</th>
<th>Calm</th>
<th>Absorption</th>
<th>Creativity</th>
<th>Social Participation</th>
<th>Space/Place</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fun activity at WORK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fun Activity #1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fun Activity #2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fun Activity #3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>New retirement activity?</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Peloquin, 2018. Retirement as Julibation. Adapted from content in Bolles and Nelson’s *What Color is Your Parachute for Retirement?*
ENGAGEMENT: ANALYSIS OF WORK AND LIFE EXPERIENCES THAT ENGAGED YOU TO A HIGH DEGREE

THINK OF EXPERIENCES THAT YOU CAN DESCRIBE AS HAVING DONE WELL, BEEN PROUD OF, AND ENJOYED WHILE YOU WERE DOING. CHECK ALONGSIDE EACH THE CATEGORY OF STRENGTHS, VIRTUES, OR VALUES TAPPED. THEN NOTE IN THE BOX THE STRENGTHS THAT YOU USED (as they appear under each category).

<table>
<thead>
<tr>
<th>EXPERIENCE</th>
<th>Wisdom and Knowledge</th>
<th>Humanity</th>
<th>Transcendence</th>
<th>Justice</th>
<th>Courage</th>
<th>Self-restraint</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Creativity, curiosity, open-mindedness, love of learning, perspective</td>
<td>Love, kindness, social and emotional intelligence, compassion</td>
<td>Appreciation of beauty, excellence, gratitude, hope, humor, and spirituality</td>
<td>Fairness, citizenship, leadership, equality, harmony</td>
<td>Bravery, persistence, integrity, vitality, resilience</td>
<td>Forgiveness and mercy, humility and modesty, prudence, gentleness, tolerance, balance</td>
</tr>
<tr>
<td>WORK EXPERIENCE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIFE EXPERIENCE #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIFE EXPERIENCE #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LIFE EXPERIENCE #3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>POSSIBLE RETIREMENT ENDEAVOR AND THE STRENGTHS THAT IT MIGHT TAP</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Peloquin, 2018. Retirement as Jubilation. Adapted from content in Bolles and Nelson’s *What Color is Your Parachute for Retirement?*
### MEANING: ANALYSIS OF MEANING (Connection with something larger than yourself) AT WORK AND IN OTHER ASPECTS OF YOUR LIFE

<table>
<thead>
<tr>
<th>YOUR LIFE</th>
<th>GLOBAL CONCERN</th>
<th>BENEVOLENCE</th>
<th>TRADITION</th>
<th>HARMONY</th>
<th>POWER</th>
<th>ACHIEVEMENT</th>
<th>QUEST FOR PLEASURE</th>
<th>EXCITEMENT</th>
<th>SELF DIRECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>WORK LIFE</td>
<td>Understanding, tolerance, appreciation, and commitment to the welfare of people and nature</td>
<td>Preserving and enhancing the welfare of those with whom one is in frequent contact</td>
<td>Respect, commitment, and acceptance of customs and ideas that one’s culture or religion provides</td>
<td>Restraint of actions, inclinations, and impulses likely to upset or harm others and violate social expectations</td>
<td>Social status and prestige, control or direction over people and resources</td>
<td>Personal success through demonstrating competence according to social standards</td>
<td>Sensuous or other enjoyment of experiences in life</td>
<td>Thrill, novelty, surprise, risk, and challenge in life</td>
<td>Independent thought and action—choosing, creating, exploring.</td>
</tr>
<tr>
<td>SOCIAL LIFE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRIVATE LIFE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOPE FOR FUTURE LIFE IN RETIREMENT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Peloquin, 2018. Retirement as Julibation. Adapted from content in Bolles and Nelson’s *What Color is Your Parachute for Retirement?*
References for Retirement as Jubilation


