



YOUR LEISURE TIME - WORKSHEET

Why is leisure important to you? _____

What does leisure mean to you? _____

Has your leisure time diminished? _____

If you have reduced your leisure time, why has this happened? _____

Do you find that you are too tired for leisure activities? _____

How important is leisure time to you? _____

Are there leisure activities that you have given up that you would like to resume?

Are there leisure activities that you do but would like to do more regularly?

What activities would like to take up that you have not tried before?
