

Interests Inventory ('Homework')

Below is a partial list of all sorts of different leisure or recreation activities you might want to pursue in your retirement. Go through the list and check all that you **currently do** in your free time. Then, in a different color (or with a **) circle the top 10 things you are interested in exploring as you plan for retirement (e.g., possibly learning or trying). For these current activities and new possibilities consider the extent to which they connect to your values/needs (see the Values and Needs Assessment worksheet) and personal strengths (see the Exploring Personal Strengths worksheet).

Animal care	Book club	Dating online
Antique collecting	Bowling	Drinking wine/beer
Art	Bridge	etc.
Art galleries	Cake decorating	DYI home
Archery	Camping	improvements
Attending concerts	Card games	Electronics
Attending sporting events	Car restoration	Entertaining
Auto racing	Chess	Event planning
Being at the beach	Church activities	Exercising
Being in a car club	Collectibles	Family time
Being in a service club	Coloring (e.g., adult coloring books)	Fantasy sports
Biking	Computer games	Fashion design
Billiards	Cooking	Fishing
Bird watching	Crafts	Football
Blogging	Crocheting	Gambling
Board games	Cultural events	Gardening
Boating	Dancing	Genealogy
	Dating	Going to the gym
		Golf

Gratitude journal

Grilling

Gun shooting

Hiking

Home brewing

Horseback riding

Horses

Housework

Hunting

Interior decorating

Investing

Jewelry design

Journaling

Knitting

Learning something

Learning a new

language

Listening to music

Making 'sweets'

Massage

Meditation

Model airplanes

Motorcycling

Movies

Painting (home)

Painting (pictures)

Pets

Philanthropy

Planning parties

Playing a musical

instrument

Playing cards

Poker

Politics

Pottery

Quilting

Reading

Relaxing

Religion

Rock collecting

Running

Sailing

Scrapbooking

Shopping

Skiing

Snowshoeing

Socializing

Swimming

Taichi

Team sports

Tennis

Theatre

Travel

Video games

Visiting national
parks

Visiting museums

Volunteering

Walking on the

beach

Walking

Watching sports

Watching TV

Wine tasting

Woodworking

Working on cars

Writing

Yoga

Zumba

Other:
