Leisure Exploration

Answer the following questions to help you further explore the responses that you provided in the previous exercise:

1. What leisure activity feels good to you now? Is there a similar occupation that would use that activity or skill?

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2. What activity has brought you the most joy over the past five years?

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3. What type of personality characteristics do you have, and what leisure activities are best suited to your personality?

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4. Which leisure activity do you really look forward to doing?

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5. What type of leisure activities would give you the emotional rewards you want?

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6. Which leisure activities would be good to do when you’re feeling stressed?

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SECTION III: ACTIVITY HANDBOUTS

Overcoming Barriers to Leisure Participation

Barriers are conditions that stand in your way of participating in your favorite leisure activities or from participating as often as you would like. Many different reasons set up barriers. There are times when you may want to do something and you are unable to engage in the leisure activity. You may have a variety of reasons to justify your inability to participate in your favorite leisure activities.

I. Money

Lack of money could be a barrier to your leisure participation. Because many leisure activities cost money, you might lack the financial resources required to participate in and enjoy your leisure interests.

How has lack of money stopped you from engaging in leisure activities?

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II. Free Time

Lack of free time could be a barrier to your leisure participation. This barrier involves not having enough time or not taking advantage of the time you do have.

Describe how you often have trouble finding the time to engage in your favorite leisure activities? How can you solve this issue?

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(Continued on the next page)
(Overcoming Barriers to Leisure Participation, continued)

III. Availability

Lack of availability could be a barrier to your leisure participation. Perhaps there are times when you would like to participate in a leisure activity but cannot because you do not have adequate transportation, the activity or program is not available in your community, your work schedule interferes, or physical barriers may exist.

What types of activities are unavailable to you?

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Why are these activities unavailable to you and how could you find a way to make them or others like them available?

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IV. Health

Your health might be a barrier to your leisure participation. Your health may sometimes inhibit your participation in leisure activities. You may have physical or mental disabilities that prevent you from concentrating on and/or participating in recreational activities.

What health barriers have you had? Which barriers do you still have today?

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Which activities could you engage in, despite these barriers.

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