

# Leisure Satisfaction



Complete the columns below according to these directions:

- ① In the column "Activity," list fifteen leisure activities in which you engage—for example, playing tennis, talking to Jenny.
- ② In the column "Frequency," rate how frequently you do each activity, with 5 being very frequently and 1 being seldom.
- ③ In the column "Satisfaction," rate your satisfaction with each activity, with 5 being high satisfaction and 1 being low satisfaction.
- ④ In the column "Difference," for each activity write the difference between your "Frequency" and "Satisfaction" ratings. For example, the difference between a frequency rating of 4 and a satisfaction rating of 2 is 2. The difference between a frequency rating of 1 and a satisfaction rating of 5 is 4 (disregard the negative sign that would ordinarily accompany a negative number).
- ⑤ Put a check mark next to those activities with a difference of 3 or 4.

Activity	Frequency	Satisfaction	Difference
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

