

Checking Your Leisure Benefits

Refer to the list of leisure activities that you identified on “Leisure Satisfaction” and categorize each activity under one of the benefits of leisure shown below. If an activity gives you more than one benefit, put it under the category that is the *primary* benefit you receive from the activity. You may list an activity only once on this handout.

Personal Space

Learning

Reduction of Stress

Creative Expression

Physical Health

Social Growth

Write a brief evaluation of how balanced your leisure is, keeping in mind whether any of the categories above are either dominant or empty.
