



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



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:

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