

## LIFE ACTIVITIES INVOLVEMENT LIST

“THERE IS NOTHING TO DO” “I DON’T KNOW HOW TO MEET PEOPLE” “I DON’T HAVE ANY SKILLS”  
IF YOU CAN’T FIND 3 PLACES TO START HERE THEN YOU BETTER LOOK AT YOUR “DUE-ME DO-ME”

- \_\_\_ GO SNOW-TUBING
- \_\_\_ MAKE ICE-CREAM
- \_\_\_ VISIT A CIRCUS
- \_\_\_ PLAY TENNIS
- \_\_\_ PLAY BASKETBALL
- \_\_\_ GO BOWLING
- \_\_\_ GO TO THE MOVIES
- \_\_\_ GO OUT FOR DINNER
- \_\_\_ GO FUN SHOPPING
- \_\_\_ GET A NEW HAIR-DO
- \_\_\_ MAKE JEWELRY
- \_\_\_ SCENIC BOAT RIDE
- \_\_\_ SCENIC PLANE RIDE
- \_\_\_ GO TO THE PARK
- \_\_\_ GO TO THE ZOO
- \_\_\_ GO SWIMMING
- \_\_\_ GO BIRD-WATCH
- \_\_\_ BAKE BREAD
- \_\_\_ MAKE A SPECIAL MEAL
- \_\_\_ GO FISHING
- \_\_\_ GO CAMPING
- \_\_\_ DO SPECIAL COOKING
- \_\_\_ GO TO THE BEACH
- \_\_\_ GO TO THE MOUNTAINS
- \_\_\_ GO TO A MUSEUM
- \_\_\_ LEARN ARCHERY
- \_\_\_ LEARN WOODCARVING
- \_\_\_ HAVE A SERIOUS TALK
- \_\_\_ TAKE PHOTOGRAPHS
- \_\_\_ WATCH TV
- \_\_\_ FLY KITES
- \_\_\_ GO SAILING
- \_\_\_ GO WATER SKIING
- \_\_\_ GO SNOW SKIING
- \_\_\_ PLAY TOUCH FOOTBALL
- \_\_\_ ENJOY STAR-GAZING
- \_\_\_ VISIT A PLANETARIUM
- \_\_\_ PICK BERRIES
- \_\_\_ MAKE A PIE
- \_\_\_ PLAN AND DO A PICNIC
- \_\_\_ PLAY WITH A FRISBEE
- \_\_\_ PLAY FRISBEE GOLF
- \_\_\_ PLAY REGULAR GOLF
- \_\_\_ HIT A BUCKET OF BALLS
- \_\_\_ GO TO THE LIBRARY
- \_\_\_ BUILD SOMETHING
- \_\_\_ VISIT A HISTORIC SITE

- \_\_\_ ATTEND A COLLEGE EVENT
- \_\_\_ JOIN A CULTURAL SOCIETY
- \_\_\_ GO BICYCLING
- \_\_\_ EXERCISE IN NEW WAYS
- \_\_\_ READ A NEW BOOK
- \_\_\_ GO TO A RUMMAGE SALE
- \_\_\_ PLANT SOME FLOWERS
- \_\_\_ PLANS SOME VEGGIES
- \_\_\_ GO TO A FLEA MARKET
- \_\_\_ MAKE CANDLES
- \_\_\_ GO DANCING
- \_\_\_ TAKE A DANCE CLASS
- \_\_\_ TAKE MOM TO LUNCH
- \_\_\_ TAKE DAD TO LUNCH
- \_\_\_ TAKE SPOUSE TO LUNCH
- \_\_\_ TAKE KID(S) TO LUNCH
- \_\_\_ TAKE SELF TO LUNCH
- \_\_\_ CLIMB A TREE
- \_\_\_ PLAY MARBLES
- \_\_\_ PLAY MARBLES WITH KIDS
- \_\_\_ LEARN TO CHANGE A TIRE
- \_\_\_ LEARN TO COOK
- \_\_\_ LEARN TO SEW
- \_\_\_ LAUGH OUT LOUD
- \_\_\_ WRITE A POEM
- \_\_\_ SCUBA DIVE
- \_\_\_ PLAY RACKET BALL
- \_\_\_ COLLECT STAMPS
- \_\_\_ COLLECT COINS
- \_\_\_ DO BODY PAINTING
- \_\_\_ GO FOR A WALK
- \_\_\_ LEARN TO MEDITATE
- \_\_\_ ENJOY A HOT-TUB
- \_\_\_ ENJOY A HOT-SPRING
- \_\_\_ TAKE A MUD-BATH
- \_\_\_ TAKE A GLIDER RIDE
- \_\_\_ DO A HOT-AIR BALLOON
- \_\_\_ TAKE A NATURE HIKE
- \_\_\_ TAKE A FANTASY TRIP
- \_\_\_ TAKE A COLLEGE CLASS
- \_\_\_ LEARN A NEW CARD GAME
- \_\_\_ PLAY CARDS WITH A KID
- \_\_\_ TRAVEL
- \_\_\_ ENJOY PEOPLE WATCHING
- \_\_\_ MAKE A NEW FRIEND
- \_\_\_ KEEP A NEW FRIEND
- \_\_\_ THROW A PARTY

- \_\_\_ HAVE A POT-LUCK
- \_\_\_ RECORD FAMILY HISTORY
- \_\_\_ MAKE A PHOTO ALBUM
- \_\_\_ SHOOT THE BREEZE
- \_\_\_ LEARN TO HANG-AROUND
- \_\_\_ PLAY BOARD GAMES
- \_\_\_ PLAY DARTS
- \_\_\_ PLAY CHESS / CHECKERS
- \_\_\_ GIVE / GET A MASSAGE
- \_\_\_ FORAGE IN NATURE
- \_\_\_ LEARN JUGGLING
- \_\_\_ GO WATER-TUBING
- \_\_\_ GO WATER-RAFTING
- \_\_\_ SING OUT LOUD
- \_\_\_ PLAY SANTA CLAUSE
- \_\_\_ GO ROLLER SKATING
- \_\_\_ GO ICE-SKATING
- \_\_\_ HIRE HELP TO GET TIME
- \_\_\_ TALK TO A SMALL CHILD
- \_\_\_ PLAY IN THE PARK-ALONE
- \_\_\_ TELL A JOKE
- \_\_\_ LOVE YOURSELF
- \_\_\_ TREAT YOURSELF WELL

MAKE UP YOUR OWN AND SHARE

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OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.