

What Are Your Leisure Values?

Another way to look at your leisure preferences is to focus on the rewards you get from the experience rather than on the activities themselves. When you know what you want out of leisure, you can expand your activities and alter your choices to better meet your needs.

Rank the following 17 leisure values in order of importance to you:

- _____ *Creative expression- eg art, music*
- _____ *Adventure*
- _____ *Stimulation*
- _____ *Challenge*
- _____ *Appreciation of beauty*
- _____ *Sense of accomplishment*
- _____ *Relaxation*
- _____ *Socialisation*
- _____ *Self-improvement*
- _____ *Love of nature*
- _____ *Helping others*
- _____ *Recognition*
- _____ *Physical fitness*
- _____ *Spiritual improvement*
- _____ *Competition*
- _____ *Excitement*
- _____ *Knowledge*

Source: Kessler (1991). *Who said retirement had to be boring?* New York: Pharos Books