

Leisure, Wellness, and Spirituality in Recovery

LEISURE

What will you do for fun? Write down 10 activities you think you might enjoy. Examples: Rock climbing, snorkeling, model building, trying new restaurants, collecting something (coins, shells, stamps, etc.), visiting museums, scrapbooking, going to concerts, painting, jewelry making, photography, gardening, going to a sporting event, fishing, cooking, woodworking, playing softball, skydiving, shopping, candle making, camping, reading, whitewater rafting, poetry, caving, riding in a hot air balloon, dancing, baking, working on cars, jigsaw puzzles, watching movies, joining a book club, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List five things you would like to learn. Examples: A new language, cooking a new dish, how to change a tire, how to play a sport, how to knit, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

WELLNESS

Physical Health: Sleep, Nutrition, and Exercise

How many hours of sleep do you need at night? _____

What is your plan for healthy eating? _____

What is your plan for exercise? _____

SPIRITUALITY

How will you bring meaning to your life?

What is spirituality? Spirituality refers to the “higher self.” It involves your values and morals. It also involves the relationships and activities in your life that bring you meaning, purpose, and direction. Additionally, spirituality involves your belief in a higher power and may include your religious practices.

Spirituality is a need or a desire:

- To find meaning in life
- To feel fulfilled (and not empty)
- To find purpose beyond today or this world
- To connect with a higher power or the inner self
- To belong to something larger than the self
- To triumph over fear

List five important values (Examples: Honesty, creativity, compassion, loyalty, integrity, kindness, family, etc.):

1. _____
2. _____
3. _____
4. _____
5. _____

What relationships or activities bring meaning and purpose to your life? _____

What ways would you like to be of service to others? _____

