

# Activities Survey

Name \_\_\_\_\_

Today's date \_\_\_\_/\_\_\_\_/\_\_\_\_

Below are a number of major areas of activity that can be life-enriching. Please consider each in terms of your desire to participate. On a scale of 1 to 10, rate each major area according to your interest.

<b>Relaxation</b>	I enjoy some nothing time when I can just sit back, rest, and enjoy a time of peace.	1	2	3	4	5	6	7	8	9	10
<b>Adventure</b>	I enjoy doing new things. I like challenging activity--expressions that stretch me beyond what I've already experienced.	1	2	3	4	5	6	7	8	9	10
<b>Creative Expression</b>	I enjoy making something new or unique; adding my personal touch, inventing things, or doing or arranging things in a new way--through art, crafts, trades, music, drama, dance, writing, etc.	1	2	3	4	5	6	7	8	9	10
<b>Service</b>	I enjoy expressing my talents, passions and interests in the service of others.	1	2	3	4	5	6	7	8	9	10
<b>Education</b>	I enjoy learning things, or exploring new areas of knowledge.	1	2	3	4	5	6	7	8	9	10
<b>Training</b>	I enjoy developing new skills and talents, or sharpening the skills I already have.	1	2	3	4	5	6	7	8	9	10
<b>Socialization</b>	I like being with other people. I enjoy working, playing and/or fellowshiping with others and building friendships.	1	2	3	4	5	6	7	8	9	10
<b>Spiritual Life</b>	Activities related to my spiritual growth and my religious beliefs are both enjoyable and meaningful.	1	2	3	4	5	6	7	8	9	10
<b>Culture</b>	I enjoy cultural activities such as ballet, attending concerts, going to the theater, movies, art shows or museums, . . .	1	2	3	4	5	6	7	8	9	10