

Worksheet for Action Planning Dimensions of Your Life
Recreation

My Recreation vision statement (example)

My life is rich in fun activities that bring out the playfulness and youthful energy that keeps me positive, creative, and healthy.

An Image that Triggers my energy—select from your vision board or some other source



My Theme Song:

This song brings me energy, joy, and kindles positive feelings about my recreational activities. For example: Walking on Sunshine (Katrina and the Waves) DANCE DANCE DANCE (The Beach Boys) Margarita Ville (Jimmy Buffett),

From the previous work you have gathered, describe the stand-out insights that you want to consider in creating the positive recreational activities and we desire.

What are the first, essential actions necessary to achieve your envisioned recreational activities?

Identify what, if any, support you will need to implement to achieve these recreational activities and routines.

List the on-going steps required to fulfill and sustain your recreational vision.

What other areas in life support or influence success of your desired recreational endeavors?

What needs to happen in those areas to create a positive synergy?