

## Exploration of Current and Future Activities

In the chart below, note details related to current activities in each area, as well goals for future continuation or improvement in each area. Although it might seem a little overwhelming to incorporate all these areas into daily life, many of the areas can be combined. For example, individuals can do something that requires movement (physical time -- e.g., walk, play tag) with people you are care about (connecting time). It may also be helpful to just focus on one or two areas at a time.

Activity	Examples	Current	Future
Focus Time	<ul style="list-style-type: none"> <li>-Making a new food recipe</li> <li>-Studying for an exam</li> </ul>		
Play Time	<ul style="list-style-type: none"> <li>-Playing fetch with a dog</li> <li>-Play-wrestle</li> <li>- Exploring a new hiking trail</li> </ul>		
Connecting Time	<ul style="list-style-type: none"> <li>-Go to lunch with a friend</li> <li>-Be in nature</li> <li>-Spiritual reflection</li> </ul>		
Physical Time	<ul style="list-style-type: none"> <li>-Play basketball</li> <li>-Take the stairs at work</li> </ul>		

Time In	-Meditation -Mindful breathing		
Down Time	-Day dreaming -Listening to music		
Sleep Time	-# of hours/night -Quality -naps		
Nutrition	- type of food/drink - timing and frequency of eating/drinking		