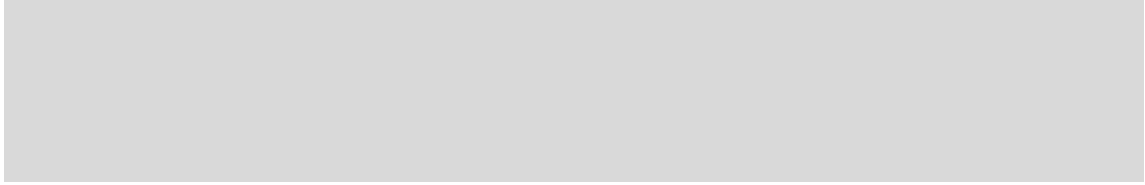


Hobbies and Wellbeing

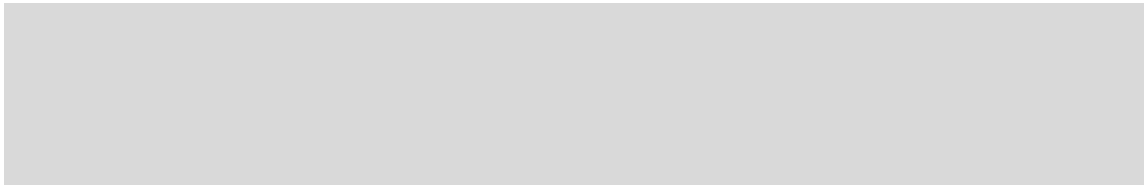
STEP 7

Hobbies and Wellbeing

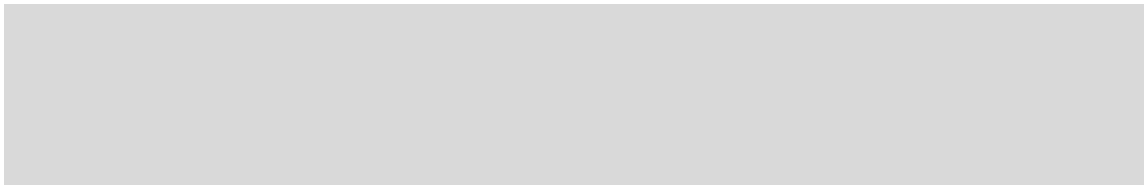
Do you need to take a break from any activities you're doing?



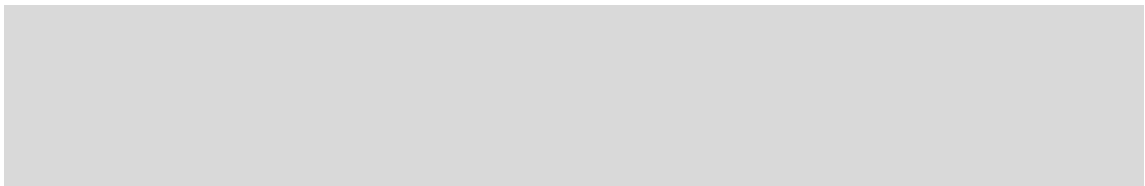
Which hobbies and activities do you enjoy?



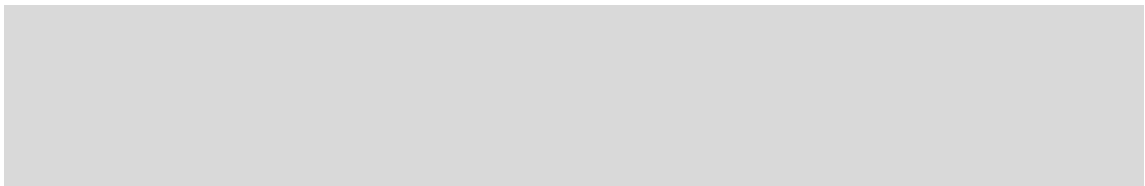
Which come naturally to you?



Which hobbies and activities did you enjoy as a child?



Which can you do a little of, if you can't do it all?



Hobbies and Wellbeing

STEP 7 Hobbies and Wellbeing

Which hobbies and activities ignite you?

Which hobbies and activities calm you?

Which do you like to do with others?

Which do you like to do alone?

How do you feel, think or act after doing these activities?