

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Well10: W1.5 Understanding Wellness

**Leisure**

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**In the past, leisure activities that contributed to my wellness were:**

- 1.
- 2.
- 3.
- 4.
- 5.

**At the moment, leisure activities that contribute to my wellness are:**

- 1.
- 2.
- 3.
- 4.
- 5.

**In the future, leisure activities that could contribute to my wellness that I would like to try are:**

- 1.
- 2.
- 3.
- 4.
- 5.