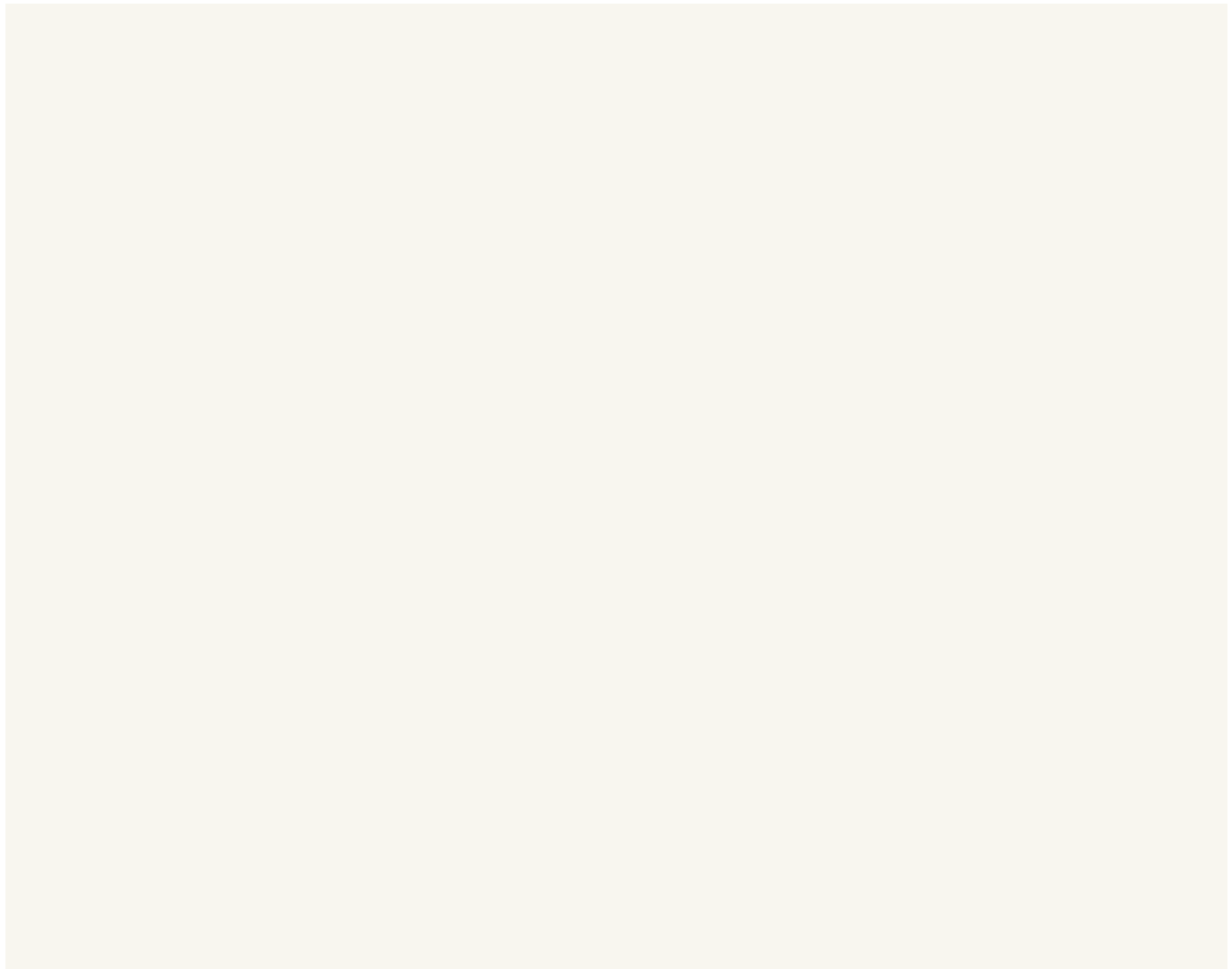


What are your hobbies?

Write down everything that you do in your free time. From watching TV and surfing the web, to exercising, crafting, photography, canning or learning a language.

It might be helpful to walk around your house and use visual cues to remind you of all the things you do.

MY LIST OF HOBBIES:



What are your commitments?

Write everything down that you have committed to or are obliged to do, from work to volunteer roles.

Sometimes the line can blur between hobbies and commitments in our free time. Don't worry about which list something should go on. If it's on one of the lists, that's good enough.

MY LIST OF COMMITMENTS:

