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| **INTERESTS BRAINSTORM**  A balanced and fulfilled life incorporates interests or hobbies – they help you experience joy, self-development, and enrichment, and they are an aid to stress-relief, whilst building greater self-confidence. They are also a great way to make new friends and have a shared experience.  1. List **up to 50 interests/ pastimes /activities you enjoy or hobbies** that catch your interest or maybe you would like to explore further in the future. | |
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| 2. Review your ideas and prioritise them in order of the joy they bring/could bring you.                   3. What 3 actions can you take today and incorporate more joy and fulfilment in your life | |