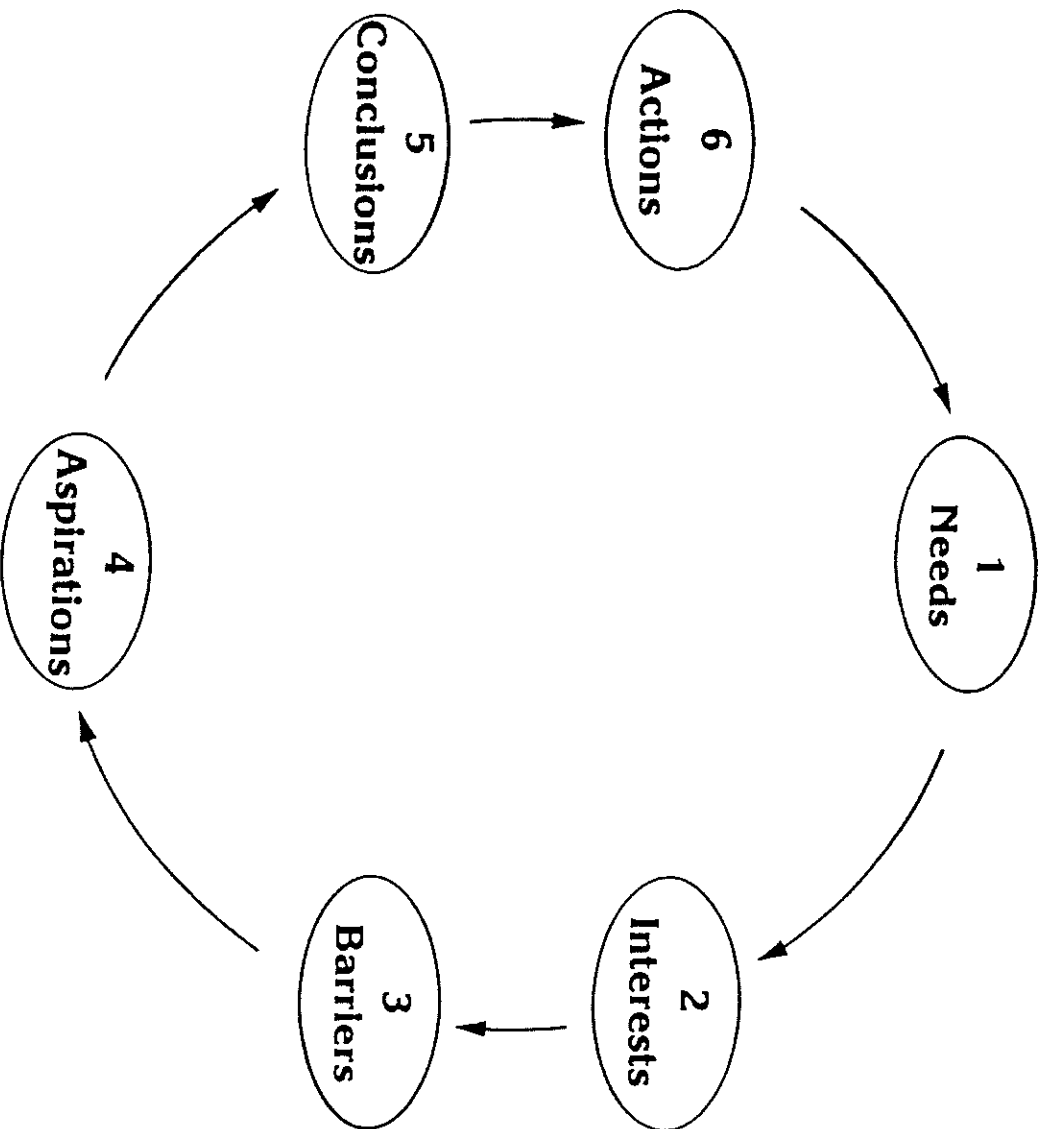


## BEING STUCK

I don't feel like doing what I'm doing right now and I refuse to do anything else. No one can make me either. I'm stuck and I'm going to stay that way. I may have messed up a lot in the past, but I'm not going to mess up any more or any less, I'm just going to stay stuck. It's safe. No matter how much effort it takes or how uncomfortable it makes me or anybody else. I'd like to see someone try to unstick me, because then I'd be twice as determined to keep doing just what I'm doing now. I'm tucked firmly into my shell and I'm not budging until... Oops! I almost blew it. If I think about what I want, I might realize what's keeping me from getting it. The next thing you know, I'll be thinking about how to get what I want, then gee I might figure out the first thing I need to do in order to get one step closer to it. Do I want to take a chance of getting what I really want?

## The Process

The exercises are grouped under theme areas and follow the order shown here.



As illustrated, it is a cyclical process that can be repeated as often as you wish.

## Exercise 1

### Your Needs – What are You Looking for in Your Leisure Experience?

#### Part A:

Read the following list and check off the items most important to you.

#### It's Important to Me

- to do something meaningful
- to be confident
- to contribute to my community
- to feel at peace
- to continue learning
- to be physically active
- to be creative/expressive
- to explore new ideas/activities
- to relax and take it easy
- to do something different from work
- to be entertained
- to be able to do what I want
- to be spontaneous
- to be challenged
- to do things with my family
- to do things my own way
- to have support from others

- to feel committed to something
- to compete with myself to do better
- to develop more skills
- to use and improve my skills
- to have something to show for my efforts
- to keep busy
- to organize and get things going
- to get recognition
- to be a success at what I do
- to learn more about myself
- to develop friends
- to meet a variety of people
- to help others
- to laugh and enjoy
- to be in attractive surroundings
- others \_\_\_\_\_

## Part B

### "I Have Learned" Statements

Clarifying exercises of this nature will often lead to a particular thought or discovery that is significant to you. It is helpful to complete "I have learned" sentences to affirm your insights. The following sentence stems should prove useful for this purpose.

- I learned that . . .
- I discovered that . . .
- I was surprised that . . .
- I was happy that . . .
- I relearned that . . .
- I confirmed that . . .
- I was pleased that . . .
- I was displeased that . . .
- I (develop your own sentence stems) . . .

---

Try using these sentence stems to see whether any "learnings" occurred for you in the previous exercise. Take the time to write down two or three of your statements.

I \_\_\_\_\_ that . . .

---

### Discussion

Now share your list of "Your needs", "How they are being met" and "Your learnings" with your partner. How do your responses compare?

## Exercise 2

### Things I Love to Do

#### First

On the left hand side of the accompanying page, brainstorm your list of 15 things you love to do. They should be things you *actually* do or *have* done not new ones you'd like to start. (You'll have a chance to do that later on.) Don't restrict yourself. Let your ideas flow. There are no right or wrong answers. The things you choose should not necessarily be "active" events. Your list might include things as diverse as "working, writing, skiing, and singing" to "sitting, being alone or hugging my kids".

There is no need to have a full list of 15 things. Perhaps using categories like indoor/outdoor, active/passive, alone/with others, different seasons, places and spaces might help generate more items for you.

---

#### Second

Then, using the symbols provided, code your list.

---

#### Third

Finally, using the sentence stems, complete some "I learned statements" about yourself. What overall picture do you get as you review your list of choices? Do you see a pattern of choices emerging?

## Things I Love To Do

	PL/S	\$	Me	Oth	Par	N5	Date
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							

Now, code your list. Use the symbols below.

- PI/S - PI** - requires planning
- S** - spontaneous
- \$** - Costs more than \$3.00
- Me** - by yourself
- Oth** - with others
- Par** - which things would have been on your parents' list?
- N5** - would not have been on your list 5 years ago
- Date** - last time you did it: (day, month, year)?

**My Patterns/Choices**  
I learned that...

## Discussion

Now explore with your partner, your overall pattern of choices and interests. Do you display a balance?

### Exercise 3

## Barriers To Your Enjoyment

### Part A

According to your personal experience, what are the major barriers preventing you from enjoying leisure? Please use the scale provided and rate each of the following barriers.

- This is rarely a barrier for me 1
- This is sometimes a barrier for me 2
- This is often a barrier for me 3

### Rating Scale

1. Often I don't feel like doing anything
2. Too many family obligations
3. Work is the main priority now
4. I don't think leisure is important
5. I don't know what is meaningful for me
6. A great deal of daily stress
7. I have a bad habit of overcommitting myself
8. There is not enough money to do what I want
9. I am unemployed and I don't think leisure is possible under these circumstances
10. I don't have the physical skills
11. I don't have the artistic or creative skills
12. I am embarrassed about learning something new
13. I don't have enough free time
14. I don't know what is available
15. Sometimes I find it difficult to get started. I procrastinate.
16. There is no one to go with
17. Social situations are awkward for me
18. Programs and facilities are not available
19. Family and friends' expectations limit me
20. Making decisions about doing something is difficult
21. Following through on my intentions is difficult
22. Others? \_\_\_\_\_

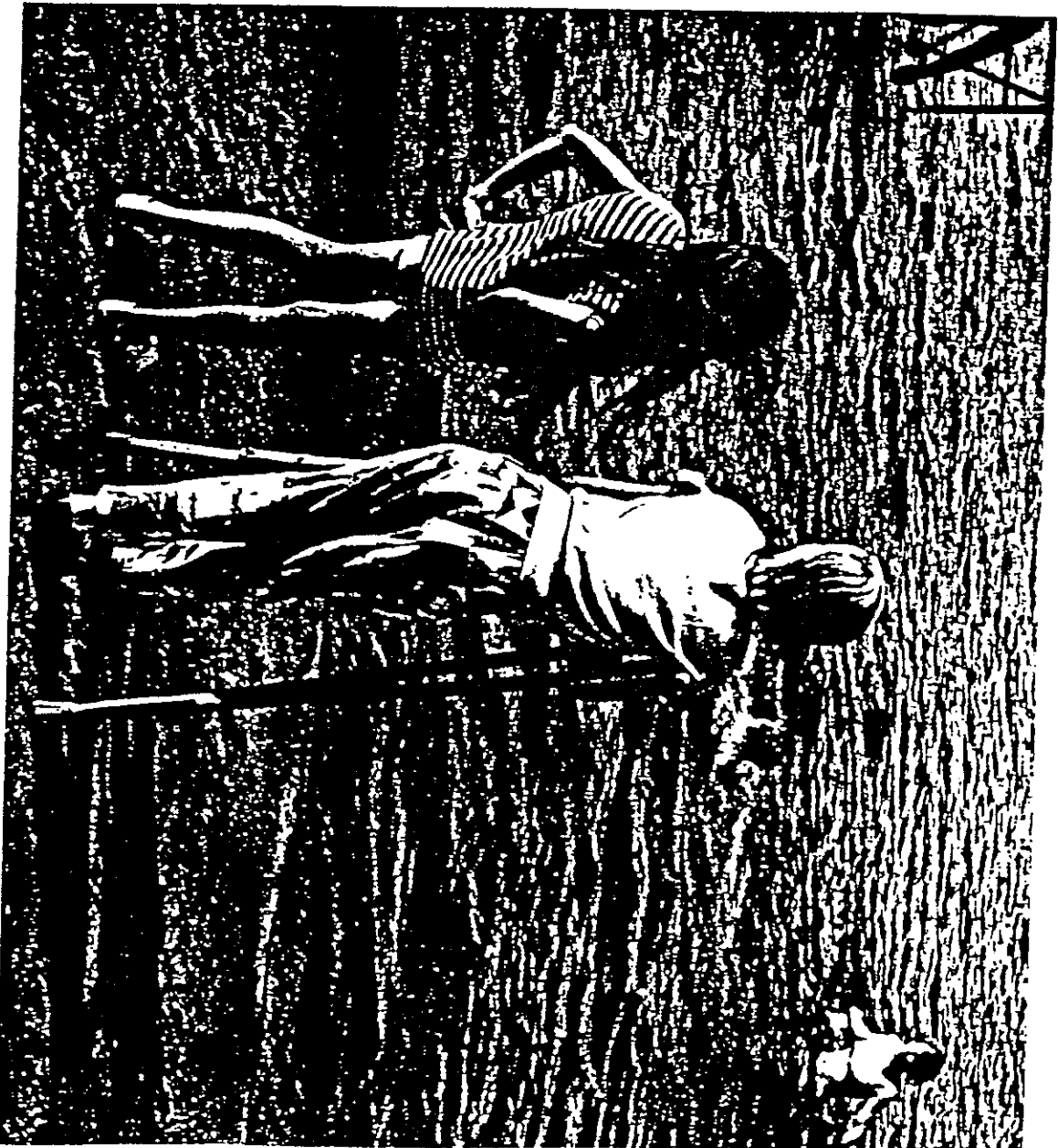
## Part B

Some of the barriers you have identified are perhaps outside of your control to change, others are probably within your control to change.

For each barrier that you rated as 2 or 3, indicate, by circling them, which ones you honestly feel you can work on and change to some degree.

## Part C

Now do the chart on the next page entitled "Overcoming".





## Part C Overcoming

List 3 Barriers you can change or overcome.	State the things you can do to overcome or reduce each of these barriers for yourself.	List the excuses you might come up with so that you would not have to overcome this barrier.
<b>Barriers</b>	<b>Positive Steps</b>	<b>Sabotage Steps</b>

## Discussion

Share your findings with your partner. Do you want to overcome any of these barriers? Which ones? Have your partner play "leisure advocate" by taking the position that no barrier exists if you really want to overcome it. Be positive, creative, open minded, flexible.

## Exercise 4

### Preconditions to Leisure

Think about when a leisure experience occurs for you. What conditions/circumstances/situations do you seem to need to feel a sense of leisure.

---

#### For example:

- Does leisure happen at certain times of the day, week, month, year for you?
- When you are alone, with others?
- Do certain types of opportunities, resources, facilities, have to be available?
- Are you a total immersion type of person or do you like to be focusing on a variety of things/experiences at one time?
- Whatever... list the "preconditions" you seem to need to experience leisure.

---

#### My Pre-Conditions to Leisure

## Exercise 5

### The Someday Game

Even though there is some doubt that we will have a chance to live our lives over again, we still manage to procrastinate and postpone!

List five pursuits that you would like to explore but are putting off until the 'right' time or circumstance. You may find it helpful if you refer back to *Your Needs and The Things I Love to Do*. Again, don't restrict your thinking. These things could be as diverse as "slowing down" to "getting back to something" to "taking up pottery".

Things Being Postponed	Reasons For Postponing

How do your reasons for postponing coincide with the barriers you listed on page 14?

## Someday?

"Many of us are often so 'someday' oriented that we do not take time to fully enjoy and savour the here and now – that is, what's happening to us, or could happen for us today.

We are constantly busy, busy, busy preparing for the time when we will be really able to enjoy life. As a result, we often buy completely into messages such as:

When I retire, I'll have the time...

When I get that 3rd week of vacation...  
When my kids grow up and are on their own...

When I get enough money to buy...  
and many opportunities to celebrate life 'now' pass us by."

Do You Think About What  
Alternatives are Open to You Now?



## Exercise 6

### Moving Someday Up To Today

Take one of the experiences you are postponing and write down briefly how you could move it up so you can start acting on it in the next 6 months.

## Exercise 7

### Influences/Expectations/ Messages

Complete the following thoughts as they pertain to your leisure.

#### For My Leisure

The advertising world wants me to . . .

My parents expect me to . . .

My job . . .

My school experience . . .

My community . . .

My friends . . .

My family . . .

My past experiences/traditions . . .

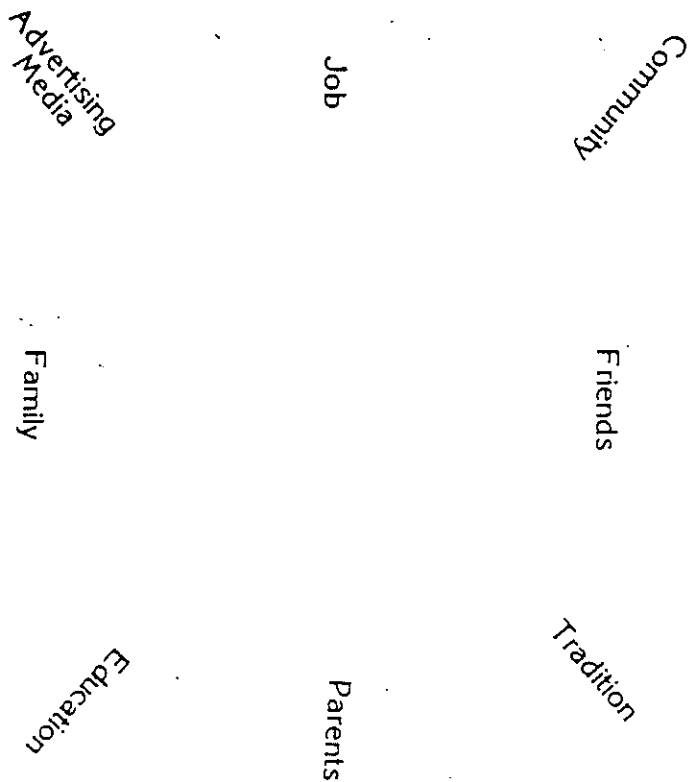
My spouse/lover . . .

I want to . . .

## Discussion

Explore your "pre-conditions" and "someday" orientation with your partner. Do you impose barriers on yourself?

## Sometimes, My Leisure Gets Bent Out Of Shape By Influences and Expectations



### Discussion

Compare your "influences" with those of your partner. Discuss effective ways to be assertive about your leisure wishes and needs when influences take you away from your goals.

## Summing Up

What did you learn about yourself and your barriers by doing the exercises in this section? Reflect on them and construct three or four overview "I learned" type statements, (refer back to page 9 for sentence stems).

I learned that . . .

## Discussion

Discuss your insights with your partner.





## Exercise 9

### Dreaming Of The Great Times

Read each of the following questions. Think about your dreams by closing your eyes for a moment and imagining. Let your thoughts flow.

#### Part A

If you won \$\_\_\_\_\_ in a lottery would your lifestyle change? If so, how would it change? (Fill in your own \$ amount).

#### Part B

Project yourself into the future, immediate or long term. Imagine two days (48 hours) that would be ideal for you. Fantasize whatever you want – skill, money, location and resources are no problem.

Write about your perfect two days. Talk about where you would be? Doing what? With whom? Would this experience be an isolated experience or part of your ideal ongoing lifestyle? Get into as much detail as you can, sights, sounds and events.

## Exercise 10

### Making Dreams Come True

**Look Back at Your Answers to the Questions In This Section.**  
What did you learn about your desires? Are they exciting, stimulating? What did you learn about your priorities? How can you make some of your dreams happen now?

My Dreams	Steps I Could Take to Make Them Happen Now

### Discussion

Discuss your dreams and aspirations with your partner. Be a "leisure advocate" for your partner regarding his/her leisure options, alternatives and future choices.

# Pulling It All Together

The following three-part exercise will give you an opportunity to draw conclusions and plan appropriate actions for your leisure lifestyle.

**Suggested Time:** Exercises and Discussion – 85 minutes.

*Come into the mountains, dear friend  
leave society and take no one with you  
But your true self  
Get close to nature  
your everyday games will be insignificant  
notice the clouds spontaneously forming patterns  
and try to do that with your life.*

Susan Polls Schultz.

## Exercise 11

### Awareness, Intentions, Actions

#### Part A

Reflect on the exercises you've done thus far. Then write down the most important conclusions/understanding/decisions you have come to about your leisure lifestyle.

These might be:

- (i) an *activity/experience* you want to pursue;
- (ii) a *different pace/rhythm/way of operating*;
- (iii) keeping things more or less the same as they are now.

Whatever... make a list of your **Conclusions/Understanding/Decisions.**

(Perhaps use stems like... I conclude...; I understand that...; I have decided that...)

My Conclusions/Understanding/  
Decisions

## Part B

From this list, decide what are the three most important *intentions/goals* that you have with respect to your leisure lifestyle.

Write down your 3 primary intentions.

### My Intentions/Goals Are:

- 1.
- 2.
- 3.

## Part C

Now take your three intentions and reflect on them further by completing a *Leisure Lifestyle Action Plan* for each one. (See accompanying pages.)

### Discussion:

(See page 31 after completing all three parts of this exercise.)





## Part C

### My Leisure Lifestyle Action Plan

#### My Intention/Goal

It is important that I do this because \_\_\_\_\_

#### My Needs In Order to Accomplish This Goal:

(Resources, time, assistance, skills, knowledge, information, circumstances, etc.)

All I hope to do at first is \_\_\_\_\_  
by \_\_\_\_\_ (date)  
Other Steps I Must Take To Reach  
This Goal:

Steps	Dates

Initially it should cost me: \_\_\_\_\_

Excuses I might come up with for not acting are: \_\_\_\_\_

Possible back up plans would be: \_\_\_\_\_

When I reach my goal, I will feel: \_\_\_\_\_

because: \_\_\_\_\_

## Discussion

Now share your intentions and action plans with your partner. Help each other to further broaden your plans o End the exercise and your discussion by giving your partner *positive only* feedback on his/her action plans.

# It's Up To You!

We hope this process of self discovery has helped you to take a fresh look at your leisure lifestyle and opened up some new avenues for growth and exploration.

Going through this type of exercise should be an ongoing function. Re-assessing and acting on our leisure lifestyle plans and aspirations can be an enriching, life enhancing process.

**Depending On How You Look At It, You've Either Reached The End Or The Beginning.**

*As with everything else in life, if you would be educated, you must do it yourself. Heed the inner calling to your own Play. Listen if you can to the person you were and are and can be. Then do what you do best and feel best at. Something you would do for nothing. Something that gives you security and self-acceptance and a feeling of completion. When you find it, build your life around it.*

*Adapted from Dr. George Sheehan.*

