

A Life Enrichment Checklist

Consider further enriching your life by expanding your circle of activity and expression. Think of things you would like to add to your life in one or more of the areas highlighted below.

Adventure

I enjoy doing new things. I like activity that stretches me beyond what I've already experienced. I like challenging activity.



Creative Expression

I enjoy making something new or unique; adding my personal touch, inventing things, or doing or arranging things in a new way - through art, crafts, trades, music, drama, dance, writing, etc.



Service

I enjoy expressing my talents, passions and interests in the service of others.



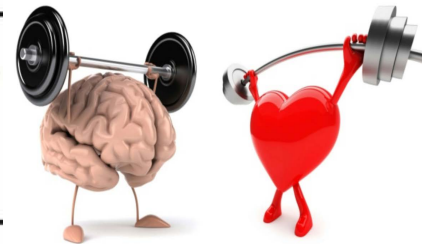
Education

I enjoy learning things, or exploring new areas of knowledge.



Training

I enjoy developing new skills and talents, or sharpening the skills I already have.



Socialization

I like being with other people. I enjoy working, playing and/or fellowshiping with others and building friendships



Spiritual Life

My spiritual life - vital relationship with God. My church activity and my religious beliefs are central and meaningful.



Culture

I enjoy culturale activities such as ballet, attending concerts, going to the theater, movies, art shows or museums, etc.

