



Leisure Activity Assessment

This assessment can be used to identify the activities that are best suited to an individual's preferences and physical abilities during various retirement phases.

The answers can help the individual discover a wide variety of physical, intellectual, creative, social, and volunteer activities, either solo or with partners/groups.

Check the ones of interest, and if there is some specific idea that comes to mind that interests you, add those to the comment section at bottom.

This will help you in [Module 4](#) when you pull these ideas together into your No Regrets Retirement Action Plan. Visit www.LeapRetirement.com to learn more.

NOTE: Save a copy to allow editing.

Section 1: Physical Activities

- ☐ Do you enjoy walking or hiking in nature?
- ☐ How often do you prefer to engage in physical exercise?
- ☐ Would you consider joining a gym to maintain physical fitness?
- ☐ Are you interested in cycling around your neighborhood or nearby trails?
- ☐ Would you like to take up swimming as a regular activity?
- ☐ Do you enjoy gardening or tending to plants?

- ☐ Are you interested in practicing yoga or Pilates?
- ☐ Would you enjoy joining a local sports league (e.g., tennis, pickleball)?
- ☐ Do you like going for daily walks in your neighborhood?
- ☐ Are you interested in strength training or lifting weights?
- ☐ Do you enjoy going to fitness classes or group exercises?
- ☐ Would you consider joining a walking club in your area?
- ☐ How do you feel about participating in a fitness retreat or boot camp?
- ☐ Would you enjoy long-distance running or jogging?
- ☐ Would you like to try martial arts or self-defense classes?
- ☐ How open are you to doing water aerobics?
- ☐ Would you consider learning a new sport (e.g., golf, archery)?
- ☐ Do you prefer outdoor activities over indoor activities?
- ☐ Do you have a preference for individual sports or team-based physical activities?
- ☐ Are you interested in learning Tai Chi or Qigong?
- ☐ Would you enjoy volunteering to help with physical activities for others?
- ☐ How important is staying physically active in your retirement?
- ☐ Do you enjoy participating in charity walks or runs?
- ☐ Would you like to try adaptive sports or fitness activities if needed?
- ☐ Are you interested in visiting new outdoor locations for exploration?

Section 2: Intellectual Activities

- ☐ Do you enjoy reading books or listening to audiobooks?
- ☐ Would you consider enrolling in a course or workshop on a subject of interest?
- ☐ Do you like solving puzzles or brain games (e.g., crosswords, Sudoku)?

- ☐ Would you be interested in learning a new language or improving your current skills?
- ☐ Are you interested in keeping up with current events through research or discussions?
- ☐ Would you like to start a book club or discussion group?
- ☐ Do you enjoy visiting museums or historical sites?
- ☐ Are you interested in writing your autobiography or personal memoir?
- ☐ Would you enjoy engaging in philosophical debates or intellectual discussions?
- ☐ Are you interested in continuing or starting higher education courses (online or in-person)?
- ☐ Do you enjoy attending lectures, talks, or seminars?
- ☐ Would you like to explore topics such as history, art, or science through self-study?
- ☐ Do you prefer individual intellectual activities, like reading, over social group learning?
- ☐ Would you enjoy starting a blog or a podcast to share your knowledge or ideas?
- ☐ How comfortable are you with learning new technology or tools for personal development?
- ☐ Do you enjoy strategic games like chess or board games?
- ☐ Would you consider volunteering to tutor or mentor students in your area of expertise?
- ☐ Are you interested in exploring creative writing or poetry?
- ☐ How likely are you to take part in online discussions or book clubs?
- ☐ Would you like to attend conferences or conventions on topics of interest?
- ☐ Do you like the idea of creating or leading workshops on subjects you are passionate about?
- ☐ How interested are you in exploring the intersection of technology and intellectual activities?

- ☐ Would you like to participate in community lectures or lectures at local colleges/universities?
- ☐ Do you enjoy watching documentaries or educational videos?
- ☐ Are you open to learning about a wide variety of topics through personal exploration?

Section 3: Creative Activities

- ☐ Do you enjoy painting, drawing, or any other form of visual art?
- ☐ Would you like to learn a musical instrument or pick one up again?
- ☐ Do you enjoy crafting, such as knitting, sewing, or woodworking?
- ☐ Would you be interested in joining a local arts and crafts group?
- ☐ Do you like photography or capturing moments with a camera?
- ☐ Are you interested in writing fiction or poetry?
- ☐ Do you enjoy cooking or baking as a creative outlet?
- ☐ Would you like to try pottery or ceramics?
- ☐ Do you enjoy designing or creating home decor items?
- ☐ Are you interested in taking a photography class?
- ☐ Would you enjoy creating digital art or graphic design?
- ☐ Do you like to garden as a form of creative expression?
- ☐ Are you interested in creating sculptures or working with other 3D media?
- ☐ Would you like to start a journal or diary as a form of creative self-expression?
- ☐ How comfortable are you with trying new forms of creative expression or mediums?
- ☐ Would you like to participate in art shows or exhibitions?
- ☐ Are you interested in digital storytelling or filmmaking?
- ☐ Do you enjoy engaging in DIY home projects?

- ☐ Are you interested in learning how to write screenplays or scripts?
- ☐ Would you consider taking an acting class or joining a community theater?
- ☐ Do you enjoy creating your own music or compositions?
- ☐ Would you like to create a personal website or blog to showcase your creative work?
- ☐ Are you open to collaborating with others on creative projects or art?
- ☐ How important is creative expression to you in your retirement years?
- ☐ Would you be interested in doing art therapy for personal growth and exploration?

Section 4: Social Activities

- ☐ Do you enjoy attending parties or social gatherings?
- ☐ Would you like to host or organize events in your community or social circle?
- ☐ Do you enjoy volunteering at local community centers or for social causes?
- ☐ Are you interested in traveling with friends or a group during retirement?
- ☐ Do you enjoy visiting family or spending time with close friends?
- ☐ Would you like to attend local meetups or join hobby-based social groups?
- ☐ Do you prefer large group activities over smaller, more intimate gatherings?
- ☐ Would you like to join a social club (e.g., book club, dining club, travel club)?
- ☐ Are you interested in making new friends by joining community organizations?
- ☐ How comfortable are you with participating in online social groups or virtual events?
- ☐ Would you like to get involved in local political or advocacy groups?
- ☐ Are you interested in hosting a regular dinner party or potluck with friends and family?
- ☐ Would you consider mentoring or coaching younger people in your community?

- ☐ How do you feel about participating in retreats or group vacations with like-minded individuals?
- ☐ Would you like to share your life experiences by speaking at community events?
- ☐ Do you enjoy participating in volunteer activities with a social purpose?
- ☐ Are you open to moving to a retirement community where you can meet new people?
- ☐ Do you like participating in local theater or musical performances as an audience member?
- ☐ Would you enjoy coordinating social events or outings for other retirees?
- ☐ Do you prefer one-on-one interactions over group settings in social activities?
- ☐ How important is maintaining an active social life for your happiness in retirement?
- ☐ Are you interested in developing close friendships with people who share similar hobbies or interests?
- ☐ Would you enjoy traveling abroad with a group of fellow retirees?
- ☐ Do you find joy in helping others find social connections or build new friendships?
- ☐ Would you like to participate in community service projects with friends or neighbors?

Section 5: Your Ideas

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<https://leapretirement.com/category/leap-newsletter/>

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