

## MY RECREATION & LEISURE

Recreation, healthy rest, and personal needs are an important part of your recovery and success. Think about the ways in which you will spend your “free” time that is crime and drug free.

List ten activities that you like and help you relax.

1.	6.
_____	_____
2.	7.
_____	_____
3.	8.
_____	_____
4.	9.
_____	_____
5.	10.
_____	_____

How much time will you devote to each?

Where will you participate in these activities?

Who will participate in these activities with you?

What are the benefits of the activities (as related to your recovery and sustaining a crime and drug free life)?

What are your sources of information for your answers in this section?