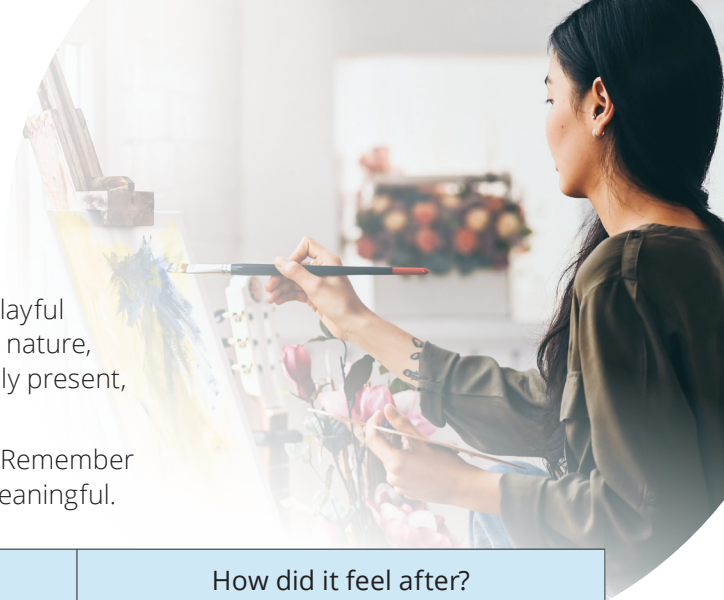


Time Well Spent: Capturing Leisure and Playful Moments



Your Personal Health Coach



As you begin this *time affluence* journaling activity, remember that leisure and play are not mere luxuries but essential elements for a balanced and fulfilling life.

Keep a leisure time journal for a week. Note moments when you gave your time to others or engaged in playful activities. These can be instances of volunteering, simple acts of kindness, indulging in hobbies, exploring nature, engaging in creative pursuits and so on. Write about specific moments when you lost track of time, felt fully present, and thoroughly enjoyed the activity without worrying about other obligations.

Capture these moments and reflect: How did you feel before engaging in the activity and then *afterward*? Remember that **time affluence** refers to the feeling of having enough time for leisure activities that are personally meaningful.

Leisure and Play Activities	How did it feel before?	How did it feel after?