

# Analysis of Interests

Reflect on the following questions and record your answers.

1. Activity title
2. How often do you do this?
3. Why do you do this activity?
4. How many years have you undertaken this activity?
5. Does anyone else join you with this activity?
6. What do you gain or learn from doing this activity? (skills, friendship, sense of achievement, etc). Try to think about what you personally get from the activity, rather than what others might presume.
7. Is this an activity which you expect to continue in the future? If so, will it combine easily with a working routine?