

Hobby Challenge

Having a hobby can increase brain function, decrease harmful stress levels, and increase general enjoyment. For the next month, choose a hobby. It can be one you've done in the past, or a new one you'd like to try. If you need some ideas, the list below can help.

Spend a half hour each week, for a total of 2 hours over the challenge, enjoying that hobby.

At the end of each week, write briefly about your experience. At the close of the challenge, decide how you will implement what you learned into your daily life.

My hobby _____

Week 1

Week 2

Week 3

Week 4

Because of this challenge, I will _____

Volunteer Work | Knitting | Camping | Running | Coloring | Family History | Hiking | Cooking | Writing | Sports
Photography | Painting | Fishing | Playing an Instrument | Exercise | Gardening | Dancing | Reading

