



MOVING AHEAD: The Challenge

Social Life and Activities Worksheet

WORKSHEET

What's a reasonable number of activities or events you could participate in per week given your class, studying, work schedule and other time commitments? Notice that "0" is not an option!

1 _____ 2 _____ 3 _____ 4 or more _____

Keep track over the next few weeks what activities and events you plan on attending and which ones you actually attended. Pay attention to what kept you from attending things you wanted to attend and what helped you go to the things you ended up going to.

Activity/Event	Plan on attending:	Actually attended: If not, why?	Recommend/Will go again: If not, why?

Take a look at the six areas of the wheel mentioned in this section. Which areas will help you move toward your future goals?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

How will each of these areas help you move toward your future goals?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

