

Positivity 101

Week 3 : Hobbies

POSITIVITY



101

Day 1: Identify + Make Time

Hobbies are a special species of enjoyable activities. Not only do they make us happy, but they also prove to be productive to our brains.

Steps:

- Set a silent timer for 1 minute.
- Think about an activity you enjoy doing (no, scrolling through social media or *passively* watching a movie/TV show does not count). Make sure it is something that you know you won't get bored of once you start.
- Clarification: *passively* watching a movie/TV show means watching something for the sake of watching it. If, however, your hobby is to do some sort of active thinking on a movie/TV show (i.e., writing a review or looking for Easter eggs) those count.
- Think of 5-15 minutes in your day today that you can do this activity. If you can't, then aim to spend 5 minutes before bed on your hobby of choice.

Day 2: Goals

It helps to have a goal to work for, even in recreational activities.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Think about what you hope to achieve in your hobby. It doesn't have to be astronomical; it can be something simple like completion or getting to a certain point.
- Think of a timeline of to achieve this goal. Since this is a hobby, it's perfectly fine for this to be a loose deadline (i.e., it's perfectly fine to push the timeline around as it suits your main schedule).
- Write down your goal and timeline on the paper.

Day 3: Accountability

Hobbies only count if they are regularly practiced.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Write down the days of the week that you want to dedicate to your hobby. Keep the future in mind, not just this week.
- Write down when, where, and any other specific details about what you will do for your hobby on each day.
- Below this timetable, write yourself an affirmation starting with “I, __your name__, promise to try my best to dedicate __times and days of the week__ to __your hobby__.”
- Save this paper and put it somewhere you will see on a daily.

Day 4: Reflect

Practice makes perfect!

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Think about why you enjoy the hobby you chose for yourself. Don't just think about the benefits; think about what makes this activity special for you.
- If you find that you don't enjoy this hobby you chose in the beginning of the week, reflect on *why*. What part of the hobby did you not enjoy? Is this reason good enough for you to quit it? Would you be satisfied if you quit it, or do you just need to take it easy?
- Write down your answers to the questions/thoughts on the paper.

Day 5: Reflection Pt. 2

After a week of practicing a specific hobby, it's time to reflect on the effect of hobbies on your more central goals.

Steps:

- Take out a writing utensil and paper. Set a silent timer for 1 minute.
- Think about how this past week of doing a hobby everyday might have affected other areas of your life (for example, has practicing an instrument helped you stay more focused on your schoolwork?).
- Write down your thoughts on the paper.