



HOW TO FIND A HOBBY

Hobbies let you explore interests outside of your line of work. They let you be creative and try all kinds of new things. If you're bored with your old hobby, picking a different one can get your creative juices flowing again. Don't forget to take a look at your budget before choosing a new hobby, as some can be expensive. Don't worry, though, you have plenty of options available to you even if your budget is tight.



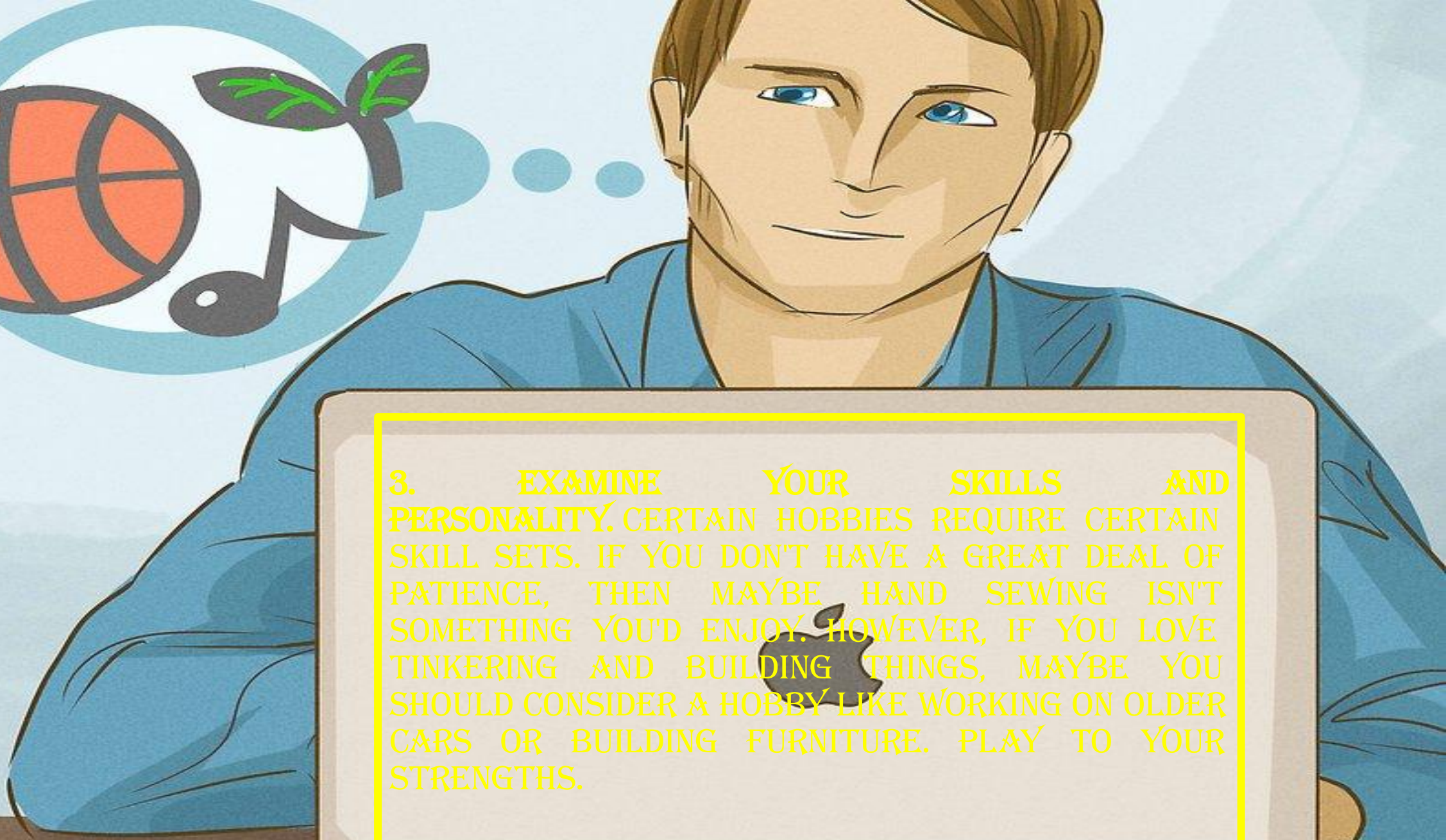
Method 1

***Building on Your
Current Interests***


1. LOOK AT WHAT INTERESTS YOU. EXAMINE WHAT TAKES UP YOUR SPARE TIME, WHEN YOU HAVE IT. DO YOU ENJOY READING BOOKS? MAYBE YOU WANT TO TRY YOUR HAND AT WRITING THEM. TURN WHAT YOU ALREADY LOVE INTO A HOBBY.



2. THINK ABOUT WHAT YOU VALUE MOST. WHAT TRAITS DO YOU PRIZE? DO YOU VALUE WISDOM OR COURAGE? DO YOU FEEL DRAWN TO PEOPLE WHO GIVE BACK? DO YOU ADMIRE ARTISTIC EXPRESSION? LET THOSE TRAITS GUIDE YOU WHEN CHOOSING A HOBBY. FOR INSTANCE, MAYBE YOU COULD VOLUNTEER AT A LIBRARY AS A HOBBY BECAUSE YOU VALUE EDUCATION, OR MAYBE YOU COULD TAKE UP PAINTING BECAUSE YOU ADMIRE PEOPLE WHO CAN EXPRESS THEMSELVES WITH ART.



3. EXAMINE YOUR SKILLS AND PERSONALITY. CERTAIN HOBBIES REQUIRE CERTAIN SKILL SETS. IF YOU DON'T HAVE A GREAT DEAL OF PATIENCE, THEN MAYBE HAND SEWING ISN'T SOMETHING YOU'D ENJOY. HOWEVER, IF YOU LOVE TINKERING AND BUILDING THINGS, MAYBE YOU SHOULD CONSIDER A HOBBY LIKE WORKING ON OLDER CARS OR BUILDING FURNITURE. PLAY TO YOUR STRENGTHS.



4. PAY ATTENTION TO WHAT EXCITES YOUR PASSION. THE WAY YOU TALK ABOUT ISSUES CAN ALSO REVEAL YOUR PASSIONS AND THOSE PASSIONS CAN BE DEVELOPED INTO A HOBBY. THINK ABOUT THE TOPICS YOU GO ON ENDLESSLY ABOUT. ASK YOUR FRIENDS AND FAMILY WHAT YOU SEEM TO TALK ABOUT THE MOST. NOW, THINK ABOUT WHAT IT IS ABOUT THAT SUBJECT THAT YOU ENJOY SO MUCH AND DETERMINE HOW IT CAN BE TRANSFORMED INTO A HOBBY. FOR INSTANCE, MAYBE YOU ARE PASSIONATE ABOUT LOCAL POLITICS, AND GETTING INVOLVED AT A GRASSROOTS LEVEL COULD BECOME YOUR HOBBY.

Method 2

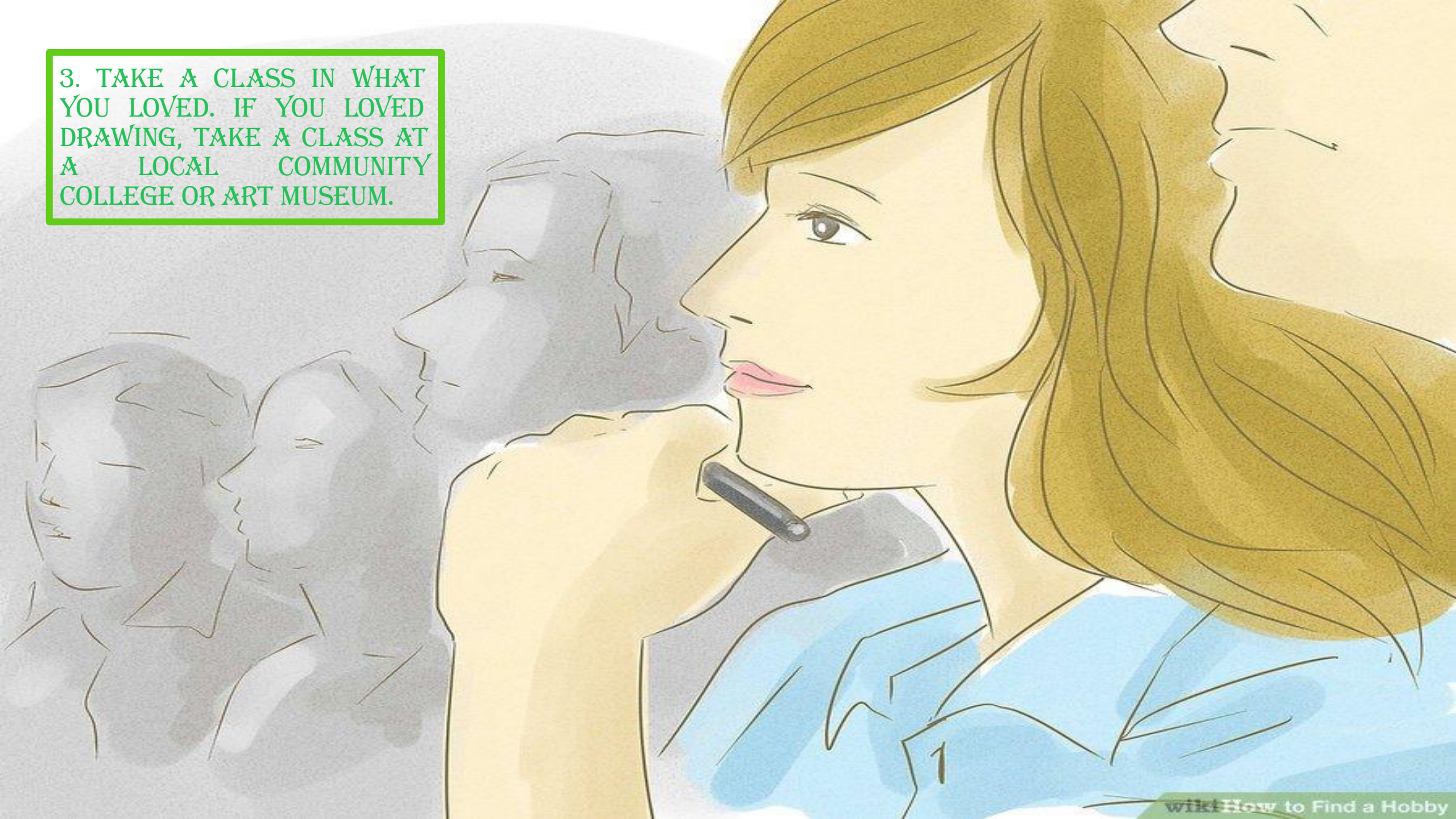
Examining Your Childhood

1. THINK BACK TO WHAT YOU LOVED AS A KID. DID YOU LIKE TO RACE BIKES WITH YOUR FRIENDS? WERE YOU REALLY INTO COMIC BOOKS? DID YOU LOVE TO PAINT OR DRAW? THINK ABOUT WHAT REALLY GOT YOU EXCITED AS A KID AND WHAT YOU COULD SPEND HOURS DOING.

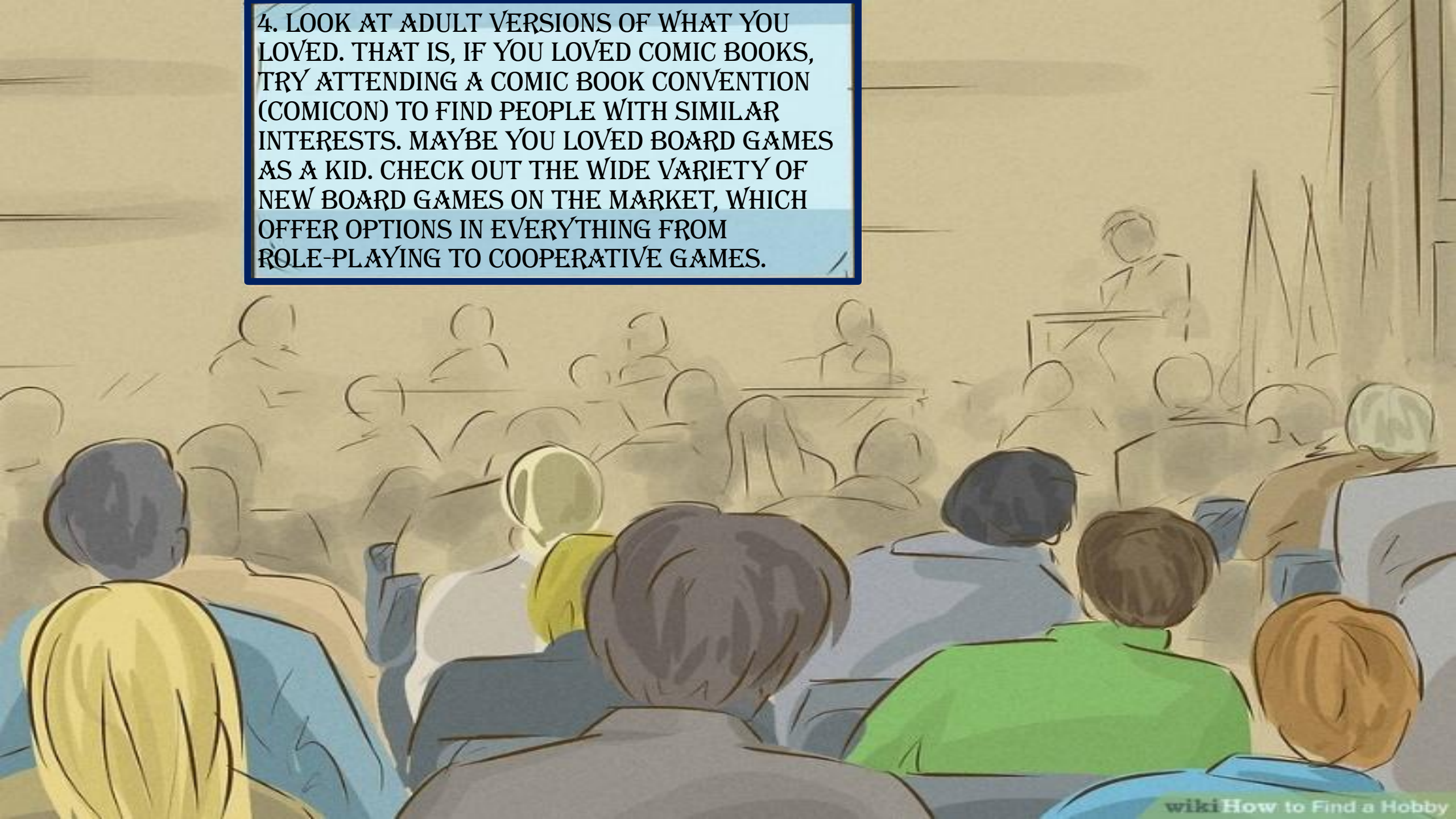


2. PICK UP WHERE YOU LEFT OFF. IF YOU RODE BIKES, TRY GETTING A NEW (ADULT) BIKE AND EXPLORING YOUR NEIGHBORHOOD.

3. TAKE A CLASS IN WHAT YOU LOVED. IF YOU LOVED DRAWING, TAKE A CLASS AT A LOCAL COMMUNITY COLLEGE OR ART MUSEUM.



4. LOOK AT ADULT VERSIONS OF WHAT YOU LOVED. THAT IS, IF YOU LOVED COMIC BOOKS, TRY ATTENDING A COMIC BOOK CONVENTION (COMICON) TO FIND PEOPLE WITH SIMILAR INTERESTS. MAYBE YOU LOVED BOARD GAMES AS A KID. CHECK OUT THE WIDE VARIETY OF NEW BOARD GAMES ON THE MARKET, WHICH OFFER OPTIONS IN EVERYTHING FROM ROLE-PLAYING TO COOPERATIVE GAMES.

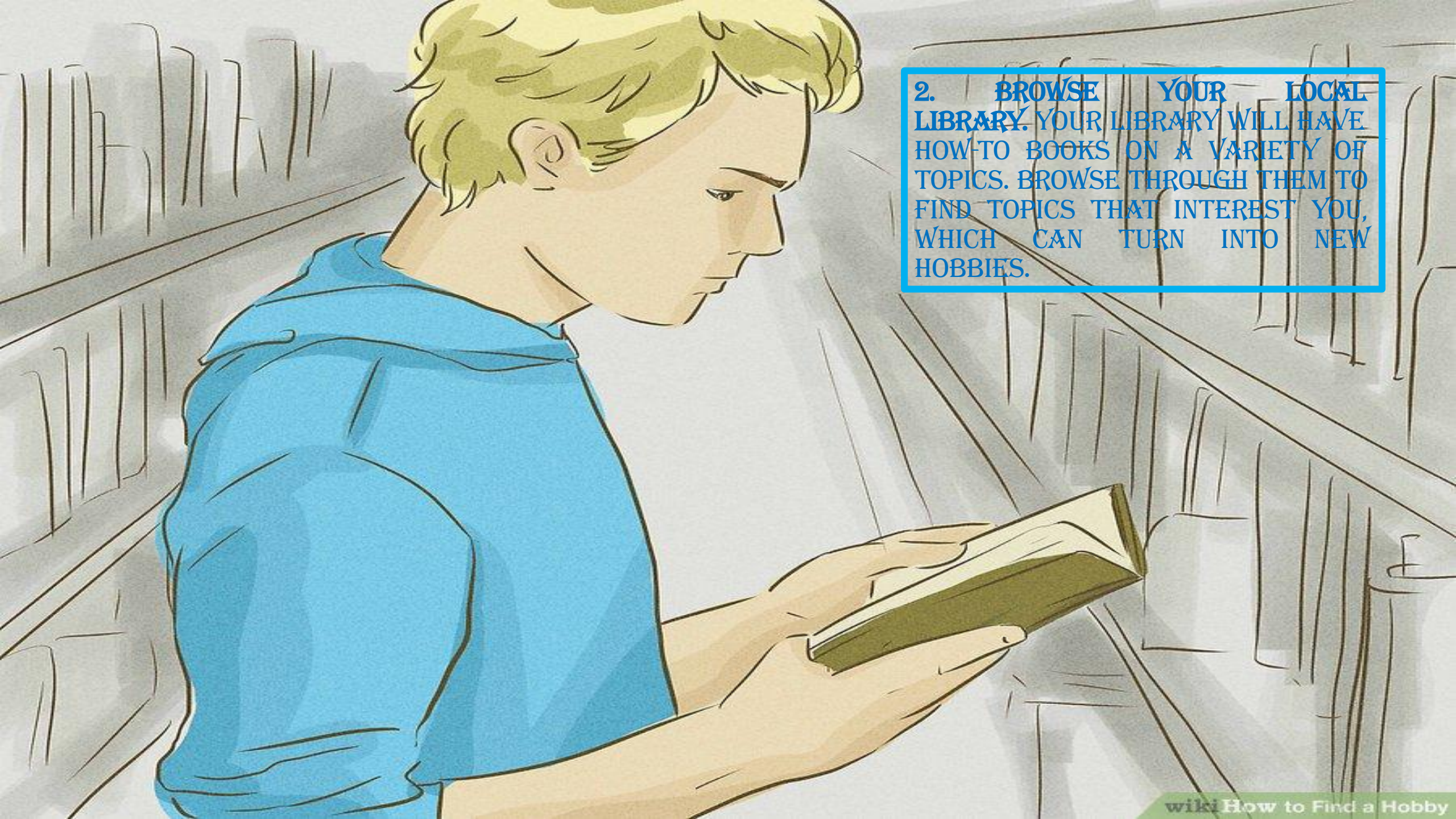


Method 3


Exploring New Territory for Ideas

1. VISIT A CRAFT STORE. WANDER AROUND A CRAFT STORE TO SEE WHAT HOBBIES ARE AVAILABLE. YOU MIGHT FIND SOMETHING YOU NEVER THOUGHT ABOUT, SUCH AS BUILDING MODEL AIRPLANES OR LEARNING HOW TO WORK WITH CLAY

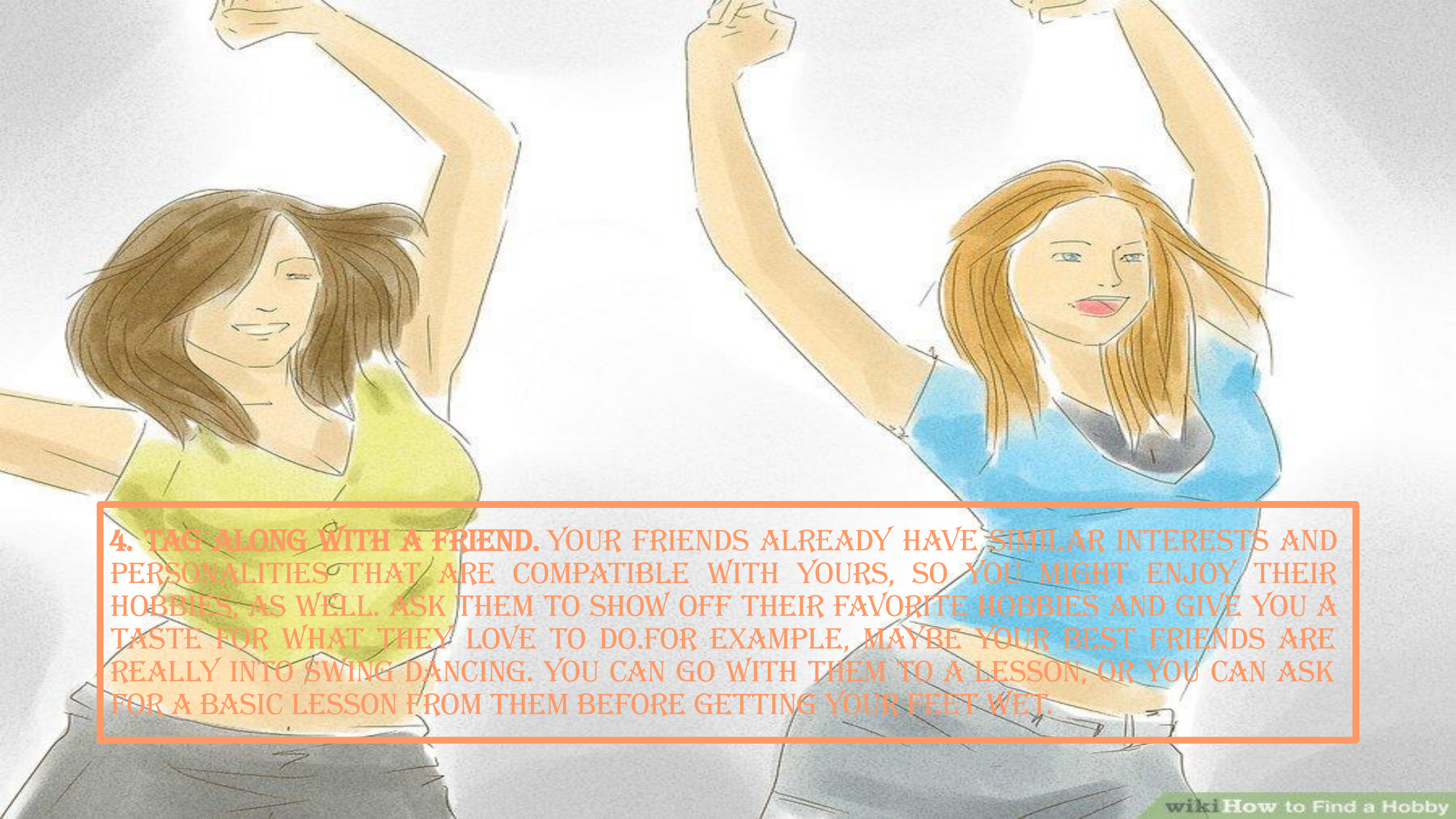




2. BROWSE YOUR LOCAL LIBRARY. YOUR LIBRARY WILL HAVE HOW-TO BOOKS ON A VARIETY OF TOPICS. BROWSE THROUGH THEM TO FIND TOPICS THAT INTEREST YOU, WHICH CAN TURN INTO NEW HOBBIES.



3. CHECK OUT HOBBY WEBSITES. CERTAIN WEBSITES ARE DEDICATED SOLELY TO EXPLORING HOBBIES, AND YOU CAN USE THEM TO FIGURE OUT WHAT YOU'D LIKE TO DO WITH YOUR TIME.



4. TAG ALONG WITH A FRIEND. YOUR FRIENDS ALREADY HAVE SIMILAR INTERESTS AND PERSONALITIES THAT ARE COMPATIBLE WITH YOURS, SO YOU MIGHT ENJOY THEIR HOBBIES, AS WELL. ASK THEM TO SHOW OFF THEIR FAVORITE HOBBIES AND GIVE YOU A TASTE FOR WHAT THEY LOVE TO DO. FOR EXAMPLE, MAYBE YOUR BEST FRIENDS ARE REALLY INTO SWING DANCING. YOU CAN GO WITH THEM TO A LESSON, OR YOU CAN ASK FOR A BASIC LESSON FROM THEM BEFORE GETTING YOUR FEET WET.

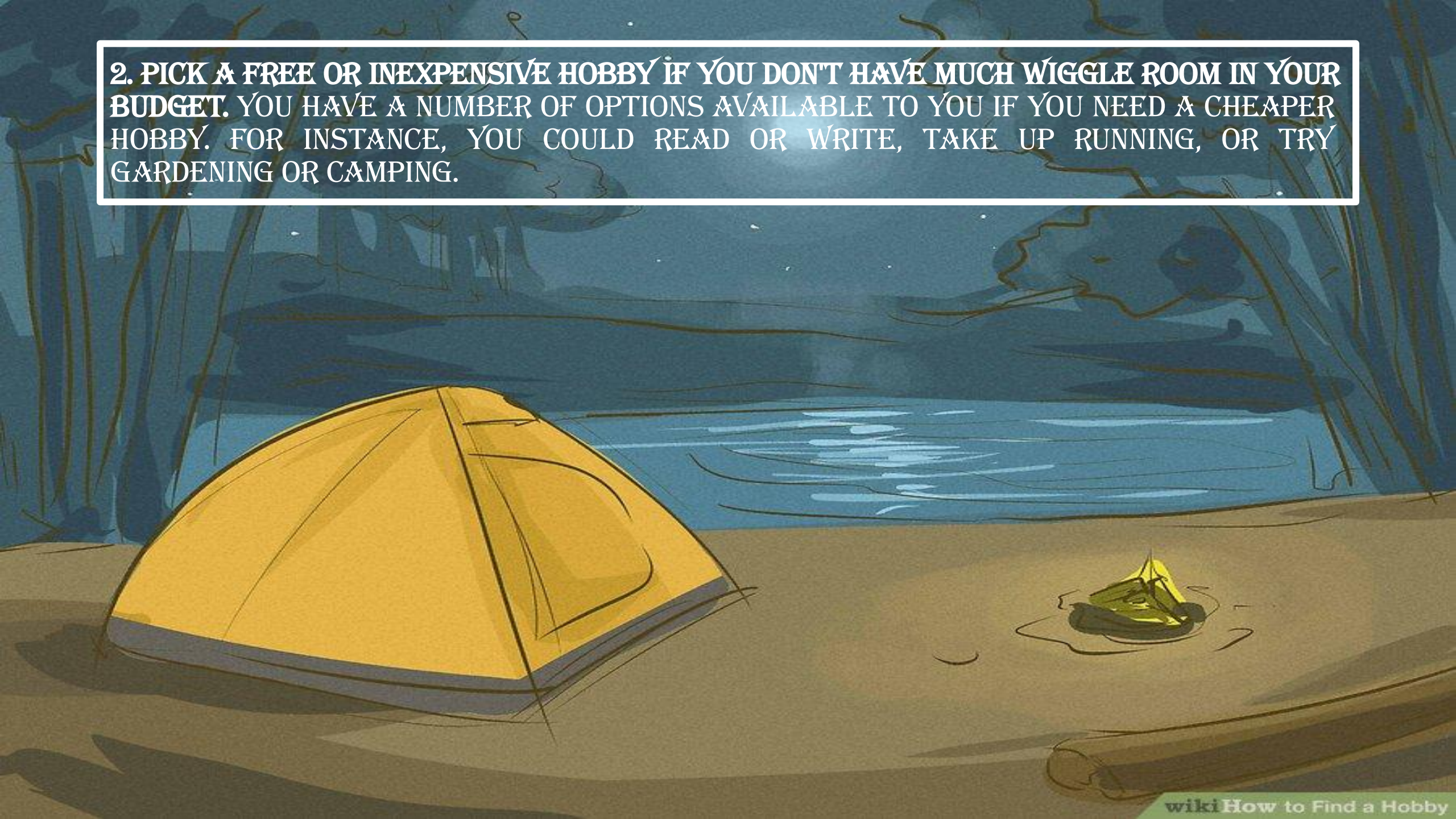
Method 4

Examining Your Budget

1. DECIDE HOW MUCH OF YOUR BUDGET YOU WANT TO ALLOCATE TO HOBBIES. IF YOU ARE STARTING A NEW HOBBY, SOME MONEY MUST COME FROM OTHER AREAS. FOR INSTANCE, YOU MIGHT WANT TO CUT DOWN ON OTHER ENTERTAINMENT OR STOP EATING OUT AS MUCH. MAYBE YOU COULD SPEND LESS AT THE GROCERY STORE. HOW MUCH YOU ALLOCATE DEPENDS ON WHAT HOBBY YOU CHOOSE, AS SOME ARE MORE EXPENSIVE THAN OTHERS.



2. PICK A FREE OR INEXPENSIVE HOBBY IF YOU DON'T HAVE MUCH WIGGLE ROOM IN YOUR BUDGET. YOU HAVE A NUMBER OF OPTIONS AVAILABLE TO YOU IF YOU NEED A CHEAPER HOBBY. FOR INSTANCE, YOU COULD READ OR WRITE, TAKE UP RUNNING, OR TRY GARDENING OR CAMPING.



**Thank you for
attention!!!**