

Favourite Things

The diagram is a circular grid with five concentric rings and eight radial segments. The rings are numbered 1 to 5 from the outermost to the innermost. The center is a small circle. The rings are labeled as follows:

- Ring 1: Outermost ring
- Ring 2: Second ring from the outside
- Ring 3: Third ring from the outside
- Ring 4: Fourth ring from the outside
- Ring 5: Innermost ring

In ring 1 write up to 8 of your favourite things. What do you like to do? Choose from all areas of your life.

In ring 2, write how long it has been since you last did each of these things.

In ring 3, write whether it costs money (\$) to do or is free (F).

In ring 4, write whether it is planned (P) or spontaneous (S)

In ring 5, write whether you do it alone (A) or with others (O)

In the very centre ring, does it involve mind (M) body (B) spirit (S) or emotion (E) or is it a combination?

This is a very useful activity, it tells us a lot about our self and how much of ourselves we bring to our favourite activities. It also tells us a lot about the many life roles you have and what you may like to offer the world. Take some time to reflect on your favourite things, remember the last time you were doing them.

Thinking back to the favourite thing activity, what would you say stands out as one of your most favourite things to do?

Favourite Activity

Can you think of an experience in which you had a particularly good time with this activity?

What made you choose this experience?

What are some of the reasons that made it a positive experience for you?

Can you identify any personal strengths, abilities or insights that you have gained from this experience?

Take a moment to reflect on what you have learnt from the Favourite things activity in reference to; cost, planned or spontaneous, alone or with someone. What does this tell you about yourself?
