

How to Choose the Right Hobby or Leisure Activity: Ask Yourself These 10 Best Questions

Highlight

Say howdy to a hobby or not? You'll know what to do after asking yourself these 10 questions.

The 10 Best Questions®

This is the short version. Experts' suggested best answers are below.

1. Me, get a hobby? Why bother?
2. What hobbies did I enjoy as a child?
3. What are the adult versions of my childhood hobbies?
4. Realistically, how much time do I have for a hobby?
5. What are some inexpensive hobbies that won't break my bank account?
6. Do I have more time or more money for a hobby?
7. What about other options for hobbies? Do I really know all of my choices?
8. Will I go overboard and strive for hobby perfectionism?
9. Do I need a hobby buddy?
10. Do I want to turn my hobby into a money-making business?

The Golden Question

The million-dollar question you almost forgot to ask.

Am I confusing recreational activities with recreational shopping?

The 10 Best Answers

1. Me, get a hobby? Why bother?

If you're like most adults, having a hobby isn't even on your radar. Any free time probably goes to gym time, friends, family, Facebook, and watching shows. The QDoc personally doesn't have a hobby – except collecting and asking too many questions.

But stress experts, psychologists, and dedicated crafters all agree: hobbies are good for you mentally and physically. Dr. Mihaly Csikszentmihalyi, a psychology professor and author of *Flow: The Psychology of Optimal Experience* determined that a hobby can be a strong connection for the “flow” of happiness – a sense of freedom, total absorption, and suspended time.

Looking for a stress-buster? A fun hobby could do the trick.

2. What hobbies did I enjoy as a child?

Remember your awesome comic book collection, family fishing trips, or winning trivia tournaments? Now translate your kid fun stuff into adult fun stuff – like collecting grownup favorites (artworks, beer cans) hiking, or tracking down family trivia and genealogy.

3. What are the adult versions of my childhood hobbies?

Tim Eicher of Plano Texas rediscovered by his childhood obsession with model car kits after he retired. Psychology professor Kelly G. Lambert told AARP.org that this is a good thing. “A lot of our brain is devoted to movement. Hobbies and activities that use our hands engage more of our brain’s real estate.”

4. Realistically, how much time do I have for a hobby?

Barely able to find enough hours in the week as is? Then consider simple hobby or one that’s seasonal, like collecting Christmas ornaments or summer biking. Multitask your hobby by taking cooking classes (to save meal-preparation time and money) or running for fitness.

5. What are some inexpensive hobbies that won’t break my bank account?

Do you really need a snobby hobby? Pick a hobby to fit your budget. Trent Hamm, founder of The Simple Dollar.com says, “Look for specific ways to enjoy your hobby without high upkeep costs.”

How about “cheap chirps?” Did you know that 60 million Americans are birdwatchers, according to the 2009 U.S. Census? Compare that to 21 million in American youth sports.

[Related: Is Bird Watching Right for You? Ask Yourself These 10 Best Questions](#)

6. Do I have more time or more money for a hobby?

A forced choice helps to clarify your real preferences. If you have more time than money, consider gardening, reading, knitting or watching YouTube clips. More money? Collect something expensive.

[Related: Art Collecting as an Investment? Ask These 10 Best Questions](#)

7. What about other options for hobbies? Do I really know all of my choices?

Find endless answers in the aisles of craft retail stores, craft websites and bookstores. Which crafts or books am I drawn to? If this was a scavenger hunt, what would be my top prize? (besides a big pot of money.)

Do friends have fun hobbies? What do my friends tell me are my unique skills or personality traits? Am I missing passion in my current dead-end job? Hobby to the rescue?

[Related: Should I Quit or Keep my Current Job: The 10 Best Questions](#)

8. Will I go overboard and strive for hobby perfectionism?

Widely-diverse hobby experts agree that some people buy the most expensive gear, the priciest antiques or the latest gizmos because of a “perfectionist trap” – the drive to be the best even in leisure activities.

Master collector Doug Winter writes in *Coin Week*, “I’ve seen this happen many times. A newbie gets bitten hard by the bug and it ends up with a drained pocketbook and messy collection.”

9. Do I need a hobby buddy?

If you think you’ll be easily distracted away from your hobby or will get more pleasure from sharing the experiences, get a buddy. You might be less likely to skip a gym workout or abandon a doll collection if you have an in-the-flesh pal or an online community for support.

10. Do I want to turn my hobby into a money-making business?

Millions of people have successfully turned their hobbies into profit. The scale and income ranges from selling garden produce at farmers’ markets to basement tinkering gone Wall Street corporate.

To make this important decision, ask yourself deeper questions like:

Would I still enjoy this hobby if I had to do it on a deadline?

[Related: Turn My Hobby into a Moneymaker? Ask Yourself These 10 Best Questions](#)

The Golden Question

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Seventy-nine percent of teenage girls listed shopping as their hobby according to a 2014 survey by *Seventeen Magazine*.

Worried about hobby costs? There are definitely cheaper hobbies than “retail therapy.”

QDoc’s Q-Tipster

Anyone else besides me wanna collect questions? The price is right.

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