THE GOOD YEARS CLUB

THE RETIREMENT HOBBY FINDER

Discover what you enjoy. Try something new. Make more of your good years.

A free printable workbook featuring:

- A quick interest quiz
- 25-hobby checklist
- A 30-day hobby challenge
- Space to reflect and plan

No scores to chase. No expensive equipment required. Just a friendly starting point for discovering your next favourite activity.

1 | Find your hobby style

For each question, circle the letter that sounds most like you. There are no right or wrong answers. Choose what you would actually enjoy, not what you think you should choose.

Your ideal free afternoon?

A. Outside exploring
B. Making or fixing something
C. Reading or solving a puzzle
D. Catching up with people

What sounds most satisfying?

A. Finding a beautiful new place
B. Finishing a project by hand
C. Learning a new skill
D. Helping someone or sharing an experience

Which setting appeals most?

A. Park, garden or waterfront
B. Shed, kitchen or art table
C. Library or quiet corner
D. Club, class or community group

What would keep you coming back?

A. Fresh air and movement
B. Visible progress on a project
C. A new challenge each week
D. Regular friendships and conversation

What is your preferred pace?

A. Gentle activity outdoors
B. Focused hands-on time
C. Quiet, independent learning
D. Shared activities with others

Tally your answers: A ____ B ____ C ____ D ____

Most A: Outdoor Explorer | Most B: Hands-On Maker | Most C: Curious Learner | Most D: Social Connector. A tie means you can mix styles!

2 | Your hobby matches

Use your strongest quiz letter as a starting point. Feel free to choose from any group.

A | Outdoor Explorer

Gardening • Fishing • Birdwatching • Bushwalking • Golf • Walking groups

B | Hands-On Maker

Woodworking • Model building • Painting • Furniture restoration • Cooking and baking

C | Curious Learner

Photography • Chess • Music • Reading • Languages • Puzzles • Collecting • Technology • Family history

D | Social Connector

Men’s Shed • Volunteering • Lawn bowls • Walking groups • Community classes • Music groups

My top three hobbies to try

1. _____

2. _____

3. _____

A useful question: Which of these could I try once without spending much money?

3 | The 25-hobby checklist

Tick the hobbies you have tried. Star the ones you want to explore next.

☐ 1. Gardening
☐ 2. Fishing

☐ 3. Birdwatching
☐ 4. Bushwalking

☐ 5. Golf
☐ 6. Woodworking

☐ 7. Model building
☐ 8. Photography

☐ 9. Painting and drawing
☐ 10. Furniture restoration

☐ 11. Chess
☐ 12. Learning an instrument

☐ 13. Reading
☐ 14. Learning a language

☐ 15. Puzzles and brain games
☐ 16. Joining a Men’s Shed

☐ 17. Volunteering
☐ 18. Lawn bowls

☐ 19. Joining a walking group
☐ 20. Community classes

☐ 21. Cooking and baking
☐ 22. Writing your life story

☐ 23. Collecting
☐ 24. Learning technology skills

☐ 25. Genealogy and family history

Circle your favourite three and use them in the challenge on the next page.

4 | Your 30-day hobby challenge

Keep it light and flexible. Each day offers one small action; repeat or swap activities to suit your energy, budget and mobility.

Days 1–15

☐ Day 1. Choose three hobbies that interest you

☐ Day 2. Find one free local activity or tutorial

☐ Day 3. Set a small hobby budget

☐ Day 4. Try a 15-minute taster activity

☐ Day 5. Ask a friend what hobby they enjoy

☐ Day 6. Spend time outdoors noticing nature

☐ Day 7. Write down what felt enjoyable

☐ Day 8. Try a hands-on mini project

☐ Day 9. Visit your local library or community centre

☐ Day 10. Explore a new hobby video or guide

☐ Day 11. Invite someone to join an activity

☐ Day 12. Try a puzzle, game or creative task

☐ Day 13. Look up a local club or group

☐ Day 14. Review which hobbies felt easiest to start

☐ Day 15. Enjoy your favourite activity again

30-day challenge | Days 16–30

☐ Day 16. Try a new route, subject or technique

☐ Day 17. Organise a simple hobby space at home

☐ Day 18. Practise a skill for 20 minutes

☐ Day 19. Share something you made or learned

☐ Day 20. Try a hobby that costs nothing

☐ Day 21. Attend a group, class or open day

☐ Day 22. Record one thing you improved

☐ Day 23. Spend time on an old interest

☐ Day 24. Ask a relative about their hobbies

☐ Day 25. Try a different hobby category

☐ Day 26. Make a small project or plan

☐ Day 27. Invite a friend or family member

☐ Day 28. Choose a regular weekly hobby time

☐ Day 29. Reflect on your favourite discoveries

☐ Day 30. Celebrate and plan your next month

5 | Your next chapter

A little reflection helps turn an interesting idea into a hobby you actually enjoy.

The activity I enjoyed most: _____

What surprised me: _____

Who I could enjoy it with: _____

One thing I want to learn next: _____

My weekly hobby time: _____

My simple four-week plan

Week	What I will do
Week 1	
Week 2	
Week 3	
Week 4	

The best hobby is one you look forward to, not another item on your to-do list.
For more ideas, read our retirement hobby guides at thegoodyearsclub.com.

If an activity involves physical exertion, tools or unfamiliar equipment, choose an approach suited to your ability and follow relevant safety guidance.