



**LESSONS
ON THE TRAIL**
YOUR JOURNEY TO PROGRESS

40 POTENTIAL HOBBIES FOR MEN

DISCOVER. GROW. CONNECT. LIVE WITH PURPOSE.

 OUTDOOR & ADVENTURE	1. Hiking 	2. Biking 	3. Kayaking / Paddleboarding 	4. Camping 	5. Fishing 
	6. Rock Climbing 	7. Birdwatching 	8. Photography (Nature) 	9. Gardening 	10. Geocaching 
 CREATIVE & ARTISTIC	11. Painting / Watercolor 	12. Drawing / Sketching 	13. Playing an Instrument 	14. Pottery / Ceramics 	15. Woodworking 
	16. Writing 	17. Photography 	18. Cooking / Baking 	19. Candle / Soap Making 	20. Graphic Design 
 INTELLECTUAL & SKILL-BASED	21. Learn a New Language 	22. Chess 	23. Reading 	24. Coding / App Development 	25. Astronomy 
	26. Podcast Creation 	27. Investing / Financial Literacy 	28. Puzzles / Escape Rooms 	29. Genealogy / Family History 	30. Documentary Filmmaking 
 RELATIONAL & COMMUNITY	31. Volunteering 	32. Mentoring Younger Men 	33. Join a Choir or Music Group 	34. Board Game Groups 	35. Hosting Dinners / Gatherings 
	36. Community Theater 				
 WELLNESS & PERSONAL GROWTH	37. Yoga / Tai Chi 	38. Meditation / Mindfulness 	39. Journaling 	40. Learning Dance  (Salsa, Swing, Ballroom, Line Dancing, etc.)	
	 GET OUT Explore the world around you.	 KEEP LEARNING Challenge your mind and build new skills.	 CONNECT Build relationships that matter.	 TAKE CARE Grow stronger in body, mind, and spirit.	 FIND PURPOSE Live with meaning every day.



(480) 521-4313



www.lessonsonthetrail.org

YOUR JOURNEY TO PROGRESS STARTS TODAY.