

PCE-4

Positive Communication Leisure

Leisure is defined as “The state of having time at one's own disposal; time which one can spend as one pleases; free or unoccupied time (*OED*-online, 2007). For most of us, leisure time is limited. So, we must make choices about how to best spend or occupy ourselves during leisure time.

Are we making optimal use our leisure time? This exercise asks you to reflect on how you spend leisure time from the point of view of positive communication by designing:

“My perfect positive communication leisure day.”

1. You have 24 hours of leisure (i.e., you have no obligations, nothing to do, no work, etc.)
2. Think about what you have been learning in positive communication class and from the positive psychology textbook and write a plan for your perfect positive communication day (i.e. one that makes optimal use of your time in terms experiencing positive communication).
3. The plan should be organized chronologically and include as much detail as you can within the page limits.
4. For each choice you make, provide a short description of why you think your choice would support or enable creating positive outcomes.
5. Similar to PCE3, you could use a table to organize your response (if you'd like) or simply write it up in an essay format.