GAP YEAR PLANNING TOOL – **DIVERSITY EXERCISE**

In order to make sure that you are not neglecting any part of a well-rounded gap year, we encourage you to adopt the **Earn + Learn + Give Back** model of gap year planning. In each row, start to brainstorm what you might do for each of those 3 categories. Put the activity you think of under the column it best fits.

As a reminder:

Personal: Learning more about yourself: your values, your interests, who you want to be
Mental: Learning something new or improving on an existing interest – language, musical instrument, hobby, etc.
Physical: What you do to keep your body active alongside your mind
Social: Staying connected to old friends and making new ones, building your community
Spiritual: Finding connection to self, others, nature or a higher being

	Personal	Mental	Physical	Social	Spiritual
Earn					
Learn					
Give Back					
Project					

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