

## Life Activity Survey

### Instructions:

You will be asked a series of questions about the activities you engage in. To answer these questions, please focus on behaviours that:

- 1) You typically engage in.
- 2) Are observable from the outside.
- 3) You actually engage in, rather than those you think you should engage in.

You will first be asked to report examples of behaviours, after which you will be asked to rate each of these on three scales. Please select a number from 1 to 6 on these scales to rate the extent to which you agree with it.

**CON: Typical ways in which I connect with others.**

Think of the typical ways in which you connect with the people around you. How do you connect with family, friends, neighbours, community groups, or other people?

Examples: having conversations, interacting on the internet, doing activities together, celebrating, going out together, etc.

1. Here is an example of how I typically connect with others:

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**a) I am satisfied with how frequently I do this.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**b) This is personally important or enjoyable. I do it because I want to do it.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**c) I feel pressured to do this (e.g., from others or from a sense of guilt).**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

2. Here is a second example of how I typically connect with others:

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**a) I am satisfied with how frequently I do this.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**b) This is personally important or enjoyable. I do it because I want to do it.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**c) I feel pressured to do this (e.g., from others or from a sense of guilt).**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**CHAL: Typical ways in which I challenge myself.**

Think of the typical ways in which you challenge yourself and learn new things.

Examples: Trying something new, learning a musical instrument, trying to cook your favorite food, fixing something, developing your skills, taking on new responsibilities, signing up for an online course, etc.

1. Here is an example of how I typically challenge myself:

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**a) I am satisfied with how frequently I do this.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**b) This is personally important or enjoyable. I do it because I want to do it.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**c) I feel pressured to do this (e.g., from others or from a sense of guilt).**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

2. Here is a second example of how I typically challenge myself:

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**a) I am satisfied with how frequently I do this.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**b) This is personally important or enjoyable. I do it because I want to do it.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**c) I feel pressured to do this (e.g., from others or from a sense of guilt).**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**GIVE: Typical ways in which I give to others.**

Think of the typical ways in which you give to and/or help others.

Examples: Helping someone to do something, volunteering, making a donation, doing something kind for a friend or stranger, working for a cause, etc.

1. Here is an example of how I typically give to others:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

2. Here is a second example of how I typically give to others:

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---



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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**PHYS: Typical ways in which I engage in physical activity.**

Think of the typical ways in which you engage in physical activities.

Examples: Going for a walk or a jog, cycling, going to the gym, dancing, playing sports with friends, etc.

1. Here is an example of how I typically engage in physical activity:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

2. Here is a second example of how I typically engage in physical activity:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**EMB: Typical ways in which I embrace the moment.**

Think of the typical ways in which you get fully involved in the present moment.

Examples: Being curious, catching sight of something beautiful, noticing something unusual, enjoying and appreciating food, paying full attention to another person, and, in general noticing the world around you and what you are feeling. Just about any activity can involve embracing the moment.

1. Here is an example of how I typically embrace the moment:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

2. Here is a second example of how I typically embrace the moment:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**CARE: Typical ways in which I care for myself.**

Think of the typical ways in which you care for yourself.

Examples: Maintaining a healthy diet, getting enough sleep or doing something relaxing after a hard day.

1. Here is an example of how I typically care for myself:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

2. Here is a second example of how I typically care for myself:

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- a) **I am satisfied with how frequently I do this.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- b) **This is personally important or enjoyable. I do it because I want to do it.**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

- c) **I feel pressured to do this (e.g., from others or from a sense of guilt).**

1	2	3	4	5	6
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**Other behaviors I engage in (Optional).**

Is there any other activity that you engage in, that does *not* fit into any of the previously mentioned categories:

- 1) Connecting with Others
- 2) Challenging Myself
- 3) Giving to Others
- 4) Being Physically Active
- 5) Embracing the Moment
- 6) Caring for Myself.

If so, please describe this 'other' behavior below and rate it on the same three scales as before.

Another behavior that I typically engage in:

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**a) I am satisfied with how frequently I do this.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**b) This is personally important or enjoyable. I do it because I want to do it.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly

**c) I feel pressured to do this (e.g., from others or from a sense of guilt).**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Disagree Strongly	Disagree Moderately	Disagree Slightly	Agree Slightly	Agree Moderately	Agree Strongly