## 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.

- a) I am satisfied with how frequently I do this. 4 5 6 1 2 3 Disagree Disagree Disagree Agree Agree Agree Strongly Moderately Slightly Slightly Moderately Strongly b) This is personally important or enjoyable. I do it because I want to do it. 1 2 4 6 3 5 Disagree Disagree Disagree Agree Agree Agree Strongly Moderately Slightly Slightly Moderately Strongly c) I feel pressured to do this (e.g., from others or from a sense of guilt). 3 4 5 1 2 6 Disagree Disagree Disagree Agree Agree Agree Strongly Moderately Slightly Slightly Moderately Strongly 2. Here is a second example of how I typically connect with others: a) I am satisfied with how frequently I do this.
- 1. Here is an example of how I typically connect with others:

1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
b) This is	personally impor	tant or enjoyab	le. I do it becau	se I want to do it.	
1	2	3	4	5	6

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

c) I feel p	ressured to do thi	s (e.g., from oth	ers or from a se	ense of guilt).	
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	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:

) I am sa	atisfied with how 1	frequently I do t	his.		
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
strongly	Moderately	Slightly	Slightly	Moderately	Strongly
o) This is	personally impor	tant or enjoyabl	e. I do it becau	se I want to do it.	
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	0	Slightly	Slightly	e	Strongly
c) I feel n	pressured to do thi	s (e.g., from oth	ers or from a so	ense of guilt).	
1	2	3	4	5	6
_	Disagree	-		Agree	Agree
trongly	÷	Slightly	U U	U	Strongly
a) I am sa 1					
	atisfied with how f			F	
_	2	3	4	5	6
Disagree	2 Disagree	3 Disagree	<b>4</b> Agree	Agree	Agree
Disagree Strongly	2 Disagree Moderately	3 Disagree Slightly	<b>4</b> Agree Slightly	Agree Moderately	Agree
Disagree Strongly b) This is	2 Disagree Moderately personally impor	3 Disagree Slightly tant or enjoyabl	4 Agree Slightly e. I do it becau	Agree Moderately se I want to do it.	Agree Strongly
Disagree Strongly b) This is 1	2 Disagree Moderately personally impor 2	3 Disagree Slightly tant or enjoyabl 3	4 Agree Slightly e. I do it becau 4	Agree Moderately se I want to do it. 5	Agree Strongly
Disagree Strongly D) This is 1 Disagree	2 Disagree Moderately personally impor 2 Disagree	3 Disagree Slightly tant or enjoyabl 3 Disagree	4 Agree Slightly e. I do it becau 4 Agree	Agree Moderately se I want to do it. 5 Agree	Agree Strongly 6 Agree
Disagree Strongly b) This is 1 Disagree	2 Disagree Moderately personally impor 2	3 Disagree Slightly tant or enjoyabl 3	4 Agree Slightly e. I do it becau 4	Agree Moderately se I want to do it. 5	Agree Strongly 6 Agree
Disagree Strongly <b>b) This is</b> <b>1</b> Disagree Strongly	2 Disagree Moderately personally impor 2 Disagree	3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly	4 Agree Slightly e. I do it becau 4 Agree Slightly	Agree Moderately se I want to do it. 5 Agree Moderately	Agree Strongly 6 Agree
Disagree Strongly <b>b) This is</b> <b>1</b> Disagree Strongly	2 Disagree Moderately personally impor 2 Disagree Moderately	3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly	4 Agree Slightly e. I do it becau 4 Agree Slightly	Agree Moderately se I want to do it. 5 Agree Moderately	Agree Strongly
Disagree Strongly <b>b) This is</b> <b>1</b> Disagree Strongly <b>c) I feel p</b> <b>1</b> Disagree	2 Disagree Moderately personally impor 2 Disagree Moderately oressured to do this 2 Disagree	3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly is (e.g., from othe 3 Disagree	4 Agree Slightly e. I do it becau 4 Agree Slightly ers or from a so 4 Agree	Agree Moderately se I want to do it. 5 Agree Moderately ense of guilt). 5 Agree	Agree Strongly 6 Agree Strongly 6 Agree
<ul> <li>isagree trongly</li> <li>This is 1</li> <li>isagree trongly</li> <li>I feel p 1</li> </ul>	2 Disagree Moderately personally impor 2 Disagree Moderately oressured to do this 2	3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly is (e.g., from othe 3	4 Agree Slightly e. I do it becau 4 Agree Slightly ers or from a so 4	Agree Moderately se I want to do it. 5 Agree Moderately ense of guilt). 5	Agree Strongly 6 Agree Strongly 6

# 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:

) I am sa	tisfied with how f	frequently I do t	his.		
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
b) This is	personally impor	tant or enjoyabl	e. I do it becau	se I want to do it.	
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	•	•	•	Moderately	•
c) I feel p	ressured to do thi	is (e.g., from oth	ers or from a so	ense of guilt).	
1	2	3	4	5	6
Disagraa	Discorrac	D'	<b>A</b>		
JISABIUU	Disagree	Disagree	Agree	Agree	Agree
Strongly	Disagree Moderately s a second examp	Slightly		Moderately	Agree Strongly
Strongly	Moderately	Slightly	Slightly	Moderately	Ũ
Strongly 2. Here is 	Moderately s a second examp	Slightly de of how I typi	Slightly cally give to of 	Moderately	Strongly
Strongly 2. Here is  a) I am sa 1	Moderately s a second examp tisfied with how f 2	Slightly ble of how I typi frequently I do t	Slightly cally give to of his.	Moderately hers:	Strongly
Strongly         2. Here is	Moderately s a second examp atisfied with how f 2 Disagree	Slightly de of how I typi frequently I do t 3 Disagree	Slightly cally give to of his. 4 Agree	Moderately thers: 5 Agree	Strongly
Strongly         2. Here is	Moderately s a second examp atisfied with how f 2 Disagree	Slightly ble of how I typi frequently I do t	Slightly cally give to of his. 4 Agree	Moderately thers: 5 Agree	Strongly
Strongly 2. Here is  a) I am sa 1 Disagree Strongly b) This is	Moderately s a second examp ntisfied with how f 2 Disagree Moderately	Slightly ble of how I typi frequently I do t 3 Disagree Slightly	Slightly cally give to of his. 4 Agree Slightly le. I do it becau	Moderately thers: 5 Agree Moderately se I want to do it.	Strongly 6 Agree Strongly
Strongly 2. Here is a) I am sa 1 Disagree Strongly b) This is 1	Moderately s a second examp atisfied with how f 2 Disagree Moderately personally impor 2	Slightly de of how I typi frequently I do t 3 Disagree Slightly tant or enjoyabl 3	Slightly cally give to of his. 4 Agree Slightly de. I do it becau 4	Moderately thers: 5 Agree Moderately se I want to do it. 5	Strongly 6 Agree Strongly 6
Strongly 2. Here is  a) I am sa 1 Disagree Strongly b) This is 1 Disagree	Moderately s a second examp stisfied with how f 2 Disagree Moderately personally impor 2 Disagree	Slightly de of how I typi frequently I do t 3 Disagree Slightly tant or enjoyabl 3 Disagree	Slightly cally give to of his. 4 Agree Slightly le. I do it becau 4 Agree	Moderately thers: 5 Agree Moderately se I want to do it. 5 Agree	Strongly 6 Agree Strongly 6 Agree
Strongly 2. Here is a) I am sa 1 Disagree Strongly b) This is 1 Disagree	Moderately s a second examp atisfied with how f 2 Disagree Moderately personally impor 2	Slightly de of how I typi frequently I do t 3 Disagree Slightly tant or enjoyabl 3	Slightly cally give to of his. 4 Agree Slightly de. I do it becau 4	Moderately thers: 5 Agree Moderately se I want to do it. 5	Strongly 6 Agree Strongly 6 Agree
<ul> <li>Strongly</li> <li>Here is</li> <li>Here is</li> <li>I am sa</li> <li>I am sa</li></ul>	Moderately s a second examp stisfied with how f 2 Disagree Moderately personally impor 2 Disagree Moderately ressured to do thi	Slightly ble of how I typi frequently I do t 3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly is (e.g., from oth	Slightly cally give to of his. 4 Agree Slightly de. I do it becau 4 Agree Slightly ers or from a se	Moderately thers: 5 Agree Moderately se I want to do it. 5 Agree Moderately ense of guilt).	Strongly 6 Agree Strongly 6 Agree Strongly
<ul> <li>Strongly</li> <li>Here is</li> <li>Here is</li> <li>Here is</li> <li>Here is</li> <li>Here is</li> <li>I am sa</li> <li>I am sa</li></ul>	Moderately s a second examp atisfied with how f 2 Disagree Moderately personally impor 2 Disagree Moderately ressured to do thi 2	Slightly I e of how I typi frequently I do t 3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly is (e.g., from oth 3	Slightly cally give to of his. 4 Agree Slightly de. I do it becau 4 Agree Slightly ers or from a so 4	Moderately thers: 5 Agree Moderately se I want to do it. 5 Agree Moderately ense of guilt). 5	Strongly 6 Agree Strongly 6 Agree Strongly
<ul> <li>Strongly</li> <li>Here is</li> <li>Here is</li> <li>I am sa</li> <li>I am sa</li></ul>	Moderately s a second examp stisfied with how f 2 Disagree Moderately personally impor 2 Disagree Moderately ressured to do thi	Slightly ble of how I typi frequently I do t 3 Disagree Slightly tant or enjoyabl 3 Disagree Slightly is (e.g., from oth	Slightly cally give to of his. 4 Agree Slightly de. I do it becau 4 Agree Slightly ers or from a se	Moderately thers: 5 Agree Moderately se I want to do it. 5 Agree Moderately ense of guilt).	Strongly 6 Agree Strongly 6 Agree Strongly

Strongly

Moderately

## 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:

tisfied with how f	frequently I do t	his.		
2	3	4	5	6
Disagree	Disagree	Agree	Agree	Agree
Moderately	Slightly	Slightly	Moderately	Strongly
personally impor	tant or enjoyabl	e. I do it becau	se I want to do it.	
2	3	4	5	6
Disagree	Disagree	Agree	Agree	Agree
Moderately	Slightly	Slightly	Moderately	Strongly
ressured to do thi	s (e.g., from oth	ers or from a se	ense of guilt).	
ressured to do thi 2	s (e.g., from oth 3	ers or from a se 4	ense of guilt). 5	6
		ers or from a so 4 Agree Slightly	ense of guilt). 5 Agree Moderately	<b>6</b> Agree Strongly
	2 Disagree Moderately personally impor 2 Disagree	23DisagreeDisagreeModeratelySlightlypersonally important or enjoyable23DisagreeDisagree	Disagree Disagree Agree Moderately Slightly Slightly personally important or enjoyable. I do it becaus 2 3 4 Disagree Disagree Agree	2345DisagreeDisagreeAgreeAgreeModeratelySlightlySlightlyModeratelypersonally important or enjoyable. I do it because I want to do it.2345DisagreeDisagreeAgreeAgree

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

Slightly

a) I am sa	tisfied with how f	requently I do t	his.		
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
b) This is	personally impor	tant or enjoyabl 3	e. I do it becau $4$	se I want to do it.	6
1	2	3	4	5	6
<b>1</b> Disagree	2 Disagree	3 Disagree	<b>4</b> Agree	5 Agree	Agree
1	2	3	4	5	Agree
1 Disagree Strongly	2 Disagree	3 Disagree Slightly	<b>4</b> Agree Slightly	5 Agree Moderately	
1 Disagree Strongly	2 Disagree Moderately	3 Disagree Slightly	<b>4</b> Agree Slightly	5 Agree Moderately	Agree

Slightly

Moderately

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:

	atisfied with how t	fraguantly I do t	hic		
a) 1 ann sa 1	2	3	4	5	6
I Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	÷	Slightly	-	Ū.	•
	personally impor	•••			
1	2	3	4	5	6
Disagree	Disagree			Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
c) I feel p	pressured to do thi	is (e.g., from oth	ers or from a so	ense of guilt).	
1	2	3	4	5	6
_	Disagree	-	Agree	Agree	Agree
Strongly	U	0	0	Moderately	Strongly
a) I am sa	atisfied with how <b>b</b>	frequently I do t	his.		
1	2	3	4	5	6
Ũ	Disagree	Ũ	0	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
b) This is	personally impor	tant or enjoyabl	le. I do it becau	se I want to do it.	
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
c) I feel n	pressured to do thi	is (e.g., from oth	ers or from a so	ense of guilt).	
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
Strongry	moderatory	Sugnity	Sugnity	moderatory	Subligity

Strongly

Moderately

#### 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.

- a) I am satisfied with how frequently I do this. 5 1 2 3 4 6 Disagree Disagree Disagree Agree Agree Agree Moderately Strongly Moderately Slightly Slightly Strongly b) This is personally important or enjoyable. I do it because I want to do it. 6 2 3 4 5 Disagree Disagree Disagree Agree Agree Agree Moderately Slightly Strongly Slightly Moderately Strongly c) I feel pressured to do this (e.g., from others or from a sense of guilt). 1 3 4 5 6 2 Disagree Disagree Agree Agree Disagree Agree Strongly Moderately Slightly Slightly Moderately Strongly
- 1. Here is an example of how I typically care for myself:

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

Slightly

a) I am sa	tisfied with how f	frequently I do t	his.		
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
1	personally impor 2	3	4	5	6
	2	•	4	5	
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
c) I feel p	ressured to do thi	s (e.g., from oth	ers or from a so	ense of guilt).	
1	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	

Slightly

Moderately

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:

a) 1 am 5c	tisfied with how f			_	
<b>I</b>	2	3	4	5	6
Disagree	Disagree	Disagree	Agree	Agree	Agree
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
b) Thia ia		4	a I da <b>!</b> 4 haaan		
b) This is	personally impor		e. I do it becau	_	-
1	2	3	4	5 5 se i want to do it.	6
1	2 Disagree		4 Agree	_	<b>6</b> Agree
1 Disagree Strongly	2	3	4	5	v
1 Disagree Strongly	2 Disagree	3 Disagree Slightly	<b>4</b> Agree Slightly	5 Agree Moderately	Agree
1 Disagree Strongly	2 Disagree Moderately	3 Disagree Slightly	<b>4</b> Agree Slightly	5 Agree Moderately	Agree
1 Disagree Strongly	2 Disagree Moderately	3 Disagree Slightly	<b>4</b> Agree Slightly	5 Agree Moderately ense of guilt).	Agree Strongly