

Finding meaning in my activities

Date: ____/____/____

Name: _____

Rate the following statements in terms of how important each is to you in terms of your participation in activities.

I would like to participate in activities that...	Very important	Kind of important	Not important
contribute to my income			
make the world better for others			
are exciting and active			
contribute to the wellbeing of people I love			
increase my mental health			