

Engagement in Meaningful Activities Survey

Below is a list of twelve statements about your day to day activities. Please read each one carefully and choose the answer that best describes to what extent each statement is true for you. Take your time and try to be as accurate as possible.

1. The activities I do help me take care of myself.

- Rarely Sometimes Usually Always

2. The activities I do reflect the kind of person I am.

- Rarely Sometimes Usually Always

3. The activities I do express my creativity.

- Rarely Sometimes Usually Always

4. The activities I do help me achieve something which gives me a sense of accomplishment.

- Rarely Sometimes Usually Always

5. The activities I do contribute to my feeling competent.

- Rarely Sometimes Usually Always

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6. The activities I do are valued by other people.

Rarely Sometimes Usually Always

7. The activities I do help other people.

Rarely Sometimes Usually Always

8. The activities I do give me pleasure.

Rarely Sometimes Usually Always

9. The activities I do give me a feeling of control.

Rarely Sometimes Usually Always

10. The activities I do help me express my personal values.

Rarely Sometimes Usually Always

11. The activities I do give me a sense of satisfaction.

Rarely Sometimes Usually Always

12. The activities I do have just the right amount of challenge.

Rarely Sometimes Usually Always