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