



# Activity Patterns

- Engagement**

Engagement refers to initiating and maintaining participation in daily activities. When individuals are experiencing optimal engagement, time may appear to pass by faster or slower and they may feel either energized or a sense of peace (1, 2). When not optimally engaged, individuals could either feel bored or overwhelmed.

**My daily activities provide the perfect amount of interest and engagement.**

1	2	3	4	5	6	7	8	9	10
not true				somewhat true					very true

- Meaning**

The meaning of activities depends on your personal values and experiences (3). Cooking a meal, for example, could be seen as an unwelcome chore, or a source of enjoyment and celebration.

**My day to day activities are very meaningful:**

1	2	3	4	5	6	7	8	9	10
not true				somewhat true					very true

- Balance**

Optimal balance involves finding a match between what you want to do or need to do in the time you have available. A balanced life is linked to lower stress (4,5,6) higher subjective well-being (4,5) better perceived health (7) and improved quality of life (4).

**I need more of a balance in my daily activity patterns**

1	2	3	4	5	6	7	8	9	10
not true				somewhat true					very true

- Control/Choice**

Activity choices include deciding what to do, when, where and how to engage. Choice and control is linked to improved self-efficacy, empowerment and motivation to participate (8).

**I could benefit from having more choices and a sense of control in my life.**

1	2	3	4	5	6	7	8	9	10
not true				somewhat true					very true

- Routine**

Routines are regular, repetitive, predictable patterns of time use. This includes habits, rituals and rhythms of life that serve as a source of stability, familiarity and predictability (9, 10, 11).

**My day-to-day routine provides a perfect amount of structure as well as flexibility.**

1	2	3	4	5	6	7	8	9	10
not true				somewhat true					very true

## Citations

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