Daily Meaning Scale (Steger) – put these all one one scale, separating for later clarity

Items were rated from 1 (not at all) to 7

(extremely)

daily meaning in life:

How meaningful does your life feel?

How much do you feel your life has purpose?

Daily life satisfaction:

How satisfied are you with your life?

Daily behavior checklist (probably should be a different scale actually)

Indicate the frequency of the following behaviors you have engaged in at least once in the last three weeks.

(it’s an average daily frequency count…there’s no instructions, might be able to rephrase that slightly so it makes sense? … just make them little text boxes so they can enter a number).

Eudaimonic behaviors:

Volunteered my time

Gave money to a person in need

Wrote out my goals for the future

Expressed my gratitude for something someone did for me either verbally or in writing

Listened carefully to another’s point of view

Confided in another person about something very important to me

Persevered at a valued goal even in the face of obstacles

Hedonic behaviors:

Had sex with someone I do not love

Bought a new piece of jewelry or electronics equipment for myself

Drank enough to get buzzed or drunk

Got high on drugs

Kept eating more than I intended of something just because it tasted so good

Masturbated

Went to a big party

Modified hedonic behaviors:

Went on a long walk

Watched a movie that was pure entertainment

Attended a sporting event or concert

Relaxed by watching television or playing video games

Spent time listening to music