

The Enriched Life Scale

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Please select the answer that fits best.

1. This question uses the terms *moderate* and *vigorous* intensity. Moderate intensity is activity which raises your heart rate and feels somewhat hard, but you are not out of breath. Vigorous intensity raises your heart rate and breathing rapidly and feels challenging.

Please select the answer that best describes your physical activity during a *regular* week:

- NO** consistent physical activity (0)
- SOME** consistent physical activity - Moderate exercise for under 150 minutes or vigorous exertion under 75 minutes or a combination (25)
- Consistent** physical activity - Moderate exercise over 150 minutes or vigorous exercise over 75 minutes or a combination (75)
- Consistent physical activity **INCLUDING** strength training: Moderate exercise over 150 minutes or vigorous exercise over 75 minutes or a combination and muscle strengthening exercises 2 days a week or more (100)

2. I maintain a healthy weight.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)

3. Generally, I am able to achieve restful sleep (i.e. fall asleep with ease and remain asleep).

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)

4. I have a good appetite and usually eat healthy foods until I am satisfied but not uncomfortable.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (5)
- Mostly true (75)
- Completely true (100)

5. I have the strength and mobility to do all the things I need to do routinely in my life with ease.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)

6. Even when I feel nervous, anxious, or irritable, I am able to carry out day-to-day activities and responsibilities in my work and relationships.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)
-

7. Even when I feel down, depressed, or low energy, I am able to carry out day-to-day activities and responsibilities in my work and relationships.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)

8. When I get angry I can stay in control of my words and my actions.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)

9. I am able to focus, make decisions, and remember things.

- Not at all true (0)
- Not usually true (25)
- Sometimes true (50)
- Mostly true (75)
- Completely true (100)

10. My physical health is excellent.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

11. My mental health is excellent.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

12. I have people in my life who inspire me.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

13. I am optimistic and hopeful about the future.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

14. I am grateful for people or opportunities in my life.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

15. I am proud of myself.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

16. I am kind and understanding towards myself when I am going through a hard time.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

17. I am open minded to trying new experiences.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

18. I approach life with excitement and energy.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

19. I put time and effort into helping others.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

20. I feel a sense of belonging to a larger community.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

21. I have close, best-friend types of relationships.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

22. I have people in my life that are not my relatives but feel like family.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

23. I feel a sense of accountability to others.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

24. I have people in my life whom I trust.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

25. I have lasting, positive relationships.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

26. I have people in my life whom I can turn to for emotional support.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

27. I have people in my life whom I can turn to for information.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

28. I have people in my life whom I can turn to for resources (such as financial resources, help with child care, transportation, employment, etc).

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

29. I *feel connected* to my local community.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

30. I feel close to another person because of a hardship we have shared together.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

31. I feel loved.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

32. I have purpose in my life.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

33. I have personal goals that I am working on achieving.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

34. I have a sense of direction in my life.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

35. I am working towards a common goal with other people.

- Strongly disagree (0)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

36. I feel part of something bigger than myself.

- Strongly disagree (1)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

37. My role in my family, work, or community is a positive source of self-worth and connection to others.

- Strongly disagree (0)
- Disagree (2)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

38. I participate in leadership activities that increase my sense of purpose.

- Strongly disagree (0)
- Disagree (2)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

39. I participate in community service activities that increase my sense of purpose.

- Strongly disagree (1)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

40. I feel like a leader in my community.

- Strongly disagree (1)
- Disagree (25)
- Mixed or Neither Agree nor Disagree (50)
- Agree (75)
- Strongly Agree (100)

Single Item Overall Enrichment Measure

How enriched (i.e. filled with health, genuine relationships, and sense of individual and shared purpose) would you say your life is?

- Not at all enriched (0)
- Not very enriched (25)
- Somewhat enriched (50)
- Quite enriched (75)
- Very enriched (100)

End of Block: ELS

Genuine Relationships: The average of the following eleven items: 12, 21, 22, 23, 24, 25, 26, 27, 28, 30, 31

Sense of Purpose: The average of the following twelve items: 13, 14, 15, 16, 17, 18, 32, 33, 34, 35, 36, 37

Engaged Citizenship: The average of the following six items: 19, 20, 29, 38, 39, 40

Physical Health Civilians: The average of the following six items: 1, 2, 3, 4, 5, 10

Physical Health Veterans: The average of the following five items: 1, 2, 4, 5, 10

Mental Health Civilians: The average of the following five items: 6, 7, 8, 9, 11

Mental Health Veterans: The average of the following six items: 3, 6, 7, 8, 9, 11

Enriched Life Total Score: Average the Scores of: Relationships, Sense of Purpose, Engaged Citizenship, Physical Health, Mental Health