

**FORM 4.5****ORIENTATIONS TO HAPPINESS SCALE**

**INSTRUCTIONS:** Please read the following questions and indicate to what extent the statement is representative of you.

1. Regardless of what I am doing, time passes very quickly	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
2. My life serves a higher purpose	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
3. Life is too short to postpone the pleasures it can provide	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
4. I seek out situations that challenge my skills and abilities	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
5. In choosing what to do, I always take into account whether it will benefit other people	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
6. Whether at work or play, I am usually "in a zone" and not conscious of myself	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
7. I am always very absorbed in what I do	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
8. I go out of my way to feel euphoric	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
9. In choosing what to do, I always take into account whether I can lose myself in it	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
10. I am rarely distracted by what is going on around me	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
11. I have a responsibility to make the world a better place	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
12. My life has a lasting meaning	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
13. In choosing what to do, I always take into account whether it will be pleasurable	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
14. What I do matters to society	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
15. I agree with this statement: "Life is short—eat dessert first."	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
16. I love to do things that excite my senses	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
17. I have spent a lot of time thinking about what life means and how I fit into its big picture	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me
18. For me, the good life is the pleasurable life	Very Much Like Me	Mostly Like Me	Somewhat Like Me	A Little Like Me	Not Like Me

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