**Supplemental Material 1. Ryff’s Eudeimonic Well-Being Subscales**

**Instructions:** The following are about emotions you may have been feeling. Please mark one circle for each line. How true have the following been for you in this past week?

**Response:**

0 Not at all

1 A little bit

2 Somewhat

3 Quite a bit

4 Very Much

**Personal Growth**

\_\_\_\_\_\_\_\_ I am not interested in activities that will expand my horizons

\_\_\_\_\_\_\_\_ I think it is important to have new experiences that challenge how you think about yourself and the world

\_\_\_\_\_\_\_\_ When I think about it, I haven’t really improved much as a person over the years

\_\_\_\_\_\_\_\_ I have the sense that I have developed a lot as a person over time

\_\_\_\_\_\_\_\_For me, life has been a continuous process of learning, changing, and growth

\_\_\_\_\_\_\_\_I gave up trying to make big improvements or changes in my life a long time ago

\_\_\_\_\_\_\_\_ I do not enjoy being in new situations that require me to change my old familiar ways of doing things

**Purpose in Life**

\_\_\_\_\_\_\_\_I live one day at a time and don’t really think about the future

\_\_\_\_\_\_\_\_ I have a sense of direction and purpose in life

\_\_\_\_\_\_\_\_ I don’t have a good sense of what it is I am trying to accomplish in life

\_\_\_\_\_\_\_\_ My daily activities often seem trivial and unimportant to me

\_\_\_\_\_\_\_\_ I enjoy making plans for the future and working to make them a reality

\_\_\_\_\_\_\_\_ Some people wander aimlessly through life, but I am not one of them

\_\_\_\_\_\_\_\_ I sometimes feel as if I have done all there is to do in life