

Delaying Happiness Scale

Citation: Park, L. E., Fujita, K., Naragon-Gainey, K., Radvick, T., Jung, H., Xia, J., Ward, D. E., Paravati, E., Weng, J., Italiano, A., & Valvo, A., (in press). Happiness – to enjoy now or later? Consequences of delaying happiness and living in the moment beliefs. *Emotion*.

INSTRUCTIONS: Please think about an important goal that you have that requires you to work hard, make sacrifices, and put time and effort into certain activities in order to make progress toward this goal. In the space below, briefly describe your goal.

My personal goal: _____

INSTRUCTIONS: For the items below, the terms "working hard" and "making sacrifices" refer to putting time and effort into making progress toward the goal you listed above. Please read the items and select the number that best corresponds to your response. There are no right or wrong answers so please be as honest as possible in your responses.

1=*Strongly disagree* to 7=*Strongly agree*)

1. Working hard now will help me to secure happiness in the future.
2. I will not achieve good outcomes in the future if I do not work hard in the present.
3. If I make sacrifices now, I will be able to enjoy life in the future.
4. Work hard today and your future self will thank you for it.
5. Resisting fun and enjoyable activities in the short-term will help me make progress toward my long-term goals.
6. I believe in working hard now to achieve future happiness, even if it means missing out on fun times.
7. It is worth sacrificing now for happiness in the future.
8. One must work hard and make sacrifices now in order to enjoy life later.
9. I believe in delaying immediate enjoyment and fun, knowing that someday all of my hard work and sacrifice will pay off.
10. Working hard and making sacrifices in my everyday life is important, because it will help me achieve happiness down the road.

To score: Compute average across 10 items. Higher numbers reflect greater belief in delaying happiness.

Living in the Moment Scale

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INSTRUCTIONS: For the items below, the terms "enjoying life," "having fun," and "living in the moment" refer to engaging in **activities that you enjoy, but may not be directly tied to the goal that you described earlier**. Take a moment now to think about these enjoyable activities. Then read the items and select the number that best corresponds to your response. There are no right or wrong answers so please be as honest as possible in your responses.

1=*Strongly disagree* to 7=*Strongly agree*

1. I want to live my life now, rather than waiting to enjoy life and be happier in the future.
2. I believe in living in the moment rather than delaying happiness for some later point in time.
3. I want to seize the moment and enjoy life as much as possible now versus someday in the distant future.
4. It is important to engage in fun activities as they become available, because I might not get the same chance in the future.
5. When it comes to enjoying life, I believe in the saying, "no day but today."
6. We should live in the moment and enjoy opportunities to have fun now versus later.
7. Life is short, so it is important to enjoy life to the fullest now.
8. Instead of waiting to be happy someday, I prefer to be happy today.
9. When it comes to being happy, I believe in the saying "if not now, then when?"
10. I believe in enjoying life to the fullest now, because no one knows what the future may bring.

To score: Compute average across 10 items. Higher numbers reflect greater belief in living in the moment.