The California Older Person's
Positive Experiences Schedule-Revised (COPPES-R)

Name: _____ Date: _____

This is a list of 46 activities that people tend to find positive. For each activity, you will make 2 ratings.

How *often* did this activity happen to you in the past month?

   0 = Not at all

   1 = 1 - 6 times

   2 = 7 or more times

How *positive, enjoyable, valued, or rewarding* was this activity?
If the activity did not occur, then please rate how positive you think it would have been if it had occurred.

   0 = Was not or would not have been positive or rewarding

   1 = Was or would have been somewhat positive or rewarding

   2 = Was or would have been very positive or rewarding

Please remember to circle an answer for both HOW OFTEN and HOW POSITIVE for each activity.

Please circle ONE number in EACH column for each item	HOW OFTEN in the past month? 0 = Not at all 1 = 1−6 times 2 = 7 or more times Circle ONE number	HOW POSITIVE was it or would it have been? 0 = Not positive 1 = Somewhat positive 2 = Very positive Circle ONE number
Example A. Winning the lottery	⓪ 1 2	0 1 ②
Example B. Writing a letter	0 ① 2	⓪ 1 2
1. Thinking about pleasant memories	0 1 2	0 1 2
2. Seeing beautiful scenery	0 1 2	0 1 2
3. Listening to sounds of nature	0 1 2	0 1 2
4. Thinking about myself	0 1 2	0 1 2
5. Doing volunteer work	0 1 2	0 1 2
6. Kissing, touching, showing affection to people or pets	0 1 2	0 1 2
7. Being praised by people I admire	0 1 2	0 1 2
8. Meditating	0 1 2	0 1 2
9. Listening to music	0 1 2	0 1 2
10. Seeing good things happen to family or friends	0 1 2	0 1 2
11. Collecting recipes	0 1 2	0 1 2
12. Doing a project my own way	0 1 2	0 1 2
13. Looking at the stars or moon	0 1 2	0 1 2
14. Being told I am needed	0 1 2	0 1 2
15. Working on a community project	0 1 2	0 1 2
16. Complimenting or praising someone	0 1 2	0 1 2
17. Watching a sunset	0 1 2	0 1 2
18. Thinking about people I like	0 1 2	0 1 2
19. Completing a difficult task	0 1 2	0 1 2
20. Cooking, grilling, or baking	0 1 2	0 1 2

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21. Reading literature	0 1 2	0 1 2
22. Being with a person or pet who I love	0 1 2	0 1 2
23. Having an original idea	0 1 2	0 1 2
24. Having peace and quiet	0 1 2	0 1 2
25. Listening to the birds sing	0 1 2	0 1 2
26. Making a new friend	0 1 2	0 1 2
27. Being asked for help or advice	0 1 2	0 1 2
28. Bargain hunting	0 1 2	0 1 2
29. Feeling a divine presence	0 1 2	0 1 2
30. Expressing my love to a person or pet	0 1 2	0 1 2
31. Giving advice to others based on past experience	0 1 2	0 1 2
32. Arranging flowers	0 1 2	0 1 2
33. Spending time outside in nature	0 1 2	0 1 2
34. Having spare time	0 1 2	0 1 2
35. Knowing that I made a difference for a person or animal	0 1 2	0 1 2
36. Meeting someone new	0 1 2	0 1 2
37. Exploring new areas	0 1 2	0 1 2
38. Doing a project or crafts	0 1 2	0 1 2
39. Going to my house of worship	0 1 2	0 1 2
40. Visiting a museum	0 1 2	0 1 2
41. Having a daily plan	0 1 2	0 1 2
42. Singing or humming along to a tune	0 1 2	0 1 2

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43. Buying a gift for someone	0 1 2	0 1 2
44. Taking inventory of my life	0 1 2	0 1 2
45. Smiling at people or a pet	0 1 2	0 1 2
46. Being near a body of water (stream, river, lake, ocean)	0 1 2	0 1 2