Well-Being

Welcome to the seventh and final daily diary survey. Please press the arrow to advance.

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item by clicking the appropriate circle. Please be open and honest in your responding.

	Strongly disagree	Disgree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
In most ways my life is close to my ideal.	O	O	O	O	O	O	O
The conditions of my life are excellent.	O	O	O	O	O	O	O
I am satisfied with my life.	O	O	O	O	O	O	O
So far I have gotten the important things I want in life.	O	O	O	O	O	O	O
If I could live my life over, I would change almost nothing.	O	O	O	O	O	O	O

This scale consists of a number of words and phrases that describe different feelings and emotions. Read each item and then select the appropriate answer in the space next to that word. Indicate to what extent you have felt this way **today.**

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
Interested	O	O	O	O	O
Distressed	O	O	O	O	O
Excited	O	O	O	O	O
Upset	O	O	O	O	O
Strong	O	O	O	O	O
Guilty	O	O	O	O	O

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
Scared	○	○	○	○	○
Hostile	○	○	○	○	○
Enthusiastic	○	○	○	○	○
Proud	○	○	○	○	○
Irritable	○	○	○	○	○
Alert	○	○	○	○	○
Ashamed	○	○	○	○	○
Inspired	○	○	○	○	○
Nervous	○	○	○	○	○
Determined	○	○	○	○	○
Attentive	○	○	○	○	○
Jittery	○	○	○	○	○
Active	○	○	○	○	○
Afraid	○	○	○	○	○

Honesty

We are currently doing a pilot of this study. In order to plan for the main study, please respond to the following statement about how you answered the questions in the initial longer survey and the daily diaries. Please note that your participation and compensation **will not be affected** in any way by your response to the following statement.

I was honest in my responses throughout this survey.

Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
○	○	○	○	○	○	○

Confirmation Code

Debriefing Form

The study you have just participated in was designed to examine whether people who possess accurate self-insight into their emotional and cognitive intelligence have higher well-being. While some philosophers and researchers argue that having self-insight into abilities is better for well-being, others have argued that possessing an enhanced positive illusion about the self (i.e. thinking you have higher ability than you actually do) predicts well-being. Yet another possibility is that abilities are related to well-being regardless of people's beliefs about these abilities. In this study we pitted these competing perspectives against each other to examine whether self-insight predicted well-being.

The results of this research are expected to be extremely valuable to the scientific community, and the results also have real life implications. Past research has not clearly indicated whether people who are accurate in their self-evaluations are happier, with some results showing that people who overestimate their abilities are happier, other results showing that people who underestimate their ability are happier, and finally results showing that people with self-insight are happier. Thus, your participation in this study will help us resolve these conflicting views.

If you are interested in learning about the results of this study, or about related topics, please do not hesitate to contact us.

Thank you again for assisting with this important study!

Sincerely,

Stéphane Côté
Professor of Organizational Behaviour
Joseph L. Rotman School of Management
University of Toronto
105 St. George Street
Toronto, ON M5S 3E6
Phone: (416) 978-5704
Email: scote@rotman.utoronto.ca

Chong He

PhD Student
Joseph L. Rotman School of Management
University of Toronto
105 St. George Street
Toronto, ON M5S 3E6
Phone: (416) 978-5704
Email: Chong.He16@rotman.utoronto.ca

Your confirmation code is: FinalBonus

Please click on the arrow below to close the survey. Thank you!

Powered by Qualtrics