

CASP 19 English language version

	Often	Sometimes	Not Often	Never
My age prevents me from doing the things I would like to				
I feel that what happens to me is out of my control				
I feel free to plan for the future				
I feel left out of things				
I can do the things I want to do				
Family responsibilities prevent me from doing what I want to do				
I feel that I can please myself what I do				
My health stops me from doing things I want to				
Shortage of money stops me from doing the things I want to do				
I look forward to each day				
I feel that my life has meaning				
I enjoy the things that I do				
I enjoy being in the company of others				
On balance, I look back on my life with a sense of happiness				
I feel full of energy these days				
I choose to do things that I have never done before				
I am satisfied with the way my life has turned out				
I feel that life is full of opportunities				
I feel that the future looks good for me				