How to make your personalised item

1. **Item answer scale**
   - The survey instruction reads as follows: “Please rate the extent to which, today, you have: […] insert your personal item here…”
   - and the answer options are:
     1. Not at all
     2. Rarely
     3. Some of the time
     4. Often
     5. All the time

2. **Item content**
   - Your goal-related item can for example focus:
     o on something you perceive as unwanted or a weakness that you want to monitor and gain better control over
       - e.g. “*ruminated* (repeatedly worried or fretted)” (i.e., a higher level of rumination is generally **not** good)
     o or on a strength that you want to enhance or capitalize on
       - e.g. “*been satisfied with yourself*” (i.e., a higher level of self-satisfaction is generally good)

3. **Item construction advice**
   - Try to choose a weakness or strength that you can easily rate on a scale from “not at all” to “all the time”
   - Try to stick to one weakness or strength, don’t combine multiple as this will make the assessment difficult and likely inaccurate
   - Try to describe the weakness or strength in a short and simple fashion, as reading the item every day should not take much time
   - Try to choose a weakness or strength that you can monitor easily, do not choose one that is hard to observe or quantify
   - Try to choose a weakness or strength that can vary over the course of a day, or at least over the course of several days, so that it is interesting to monitor it
   - Try to choose a weakness or strength that is relevant to you, so that it is even more interesting
   - And importantly, try to make an item that will not trigger harmful emotions, e.g. don’t choose a weakness that makes you very upset, anxious, angry or jealous