

Table S1*Internal Consistency Estimates for Sense of Purpose, Future Time Perspective, Positive Affect, and Negative Affect*

Construct	Type	Est.	95% Lower CI	95% Upper CI
Sense of Purpose	Cronbach's α	.67		
	McDonald's ω	.80		
Future Time Perspective	McDonald's ω (within)	.44	0.41	0.46
	McDonald's ω (between)	.86	0.81	0.91
Positive Affect	McDonald's ω (within)	.69	0.68	0.70
	McDonald's ω (between)	.93	0.91	0.95
Negative Affect	McDonald's ω (within)	.73	0.72	0.74
	McDonald's ω (between)	.90	0.88	0.93

Note. Est. = Estimate, CI = confidence interval, within = within-person estimate, between = between-person estimate. Cronbach's α and McDonald's ω were used for time-invariant variables. McDonald's ω was decomposed in between- and within-person components for time-varying variables.

Table S2*Multilevel Modeling Results for Predicting Average Daily Negative Affect*

	Model 3: Including Covariates				Model 2: Including Interactions				Model 1: Base Model			
<i>Fixed Effects</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>
Intercept	0.978	0.736	1.22	< .001	0.642	0.551	0.733	< .001	0.643	0.549	0.737	< .001
Daily FTP (PMC)	0.064	-0.013	0.14	.105	0.063	-0.013	0.139	.104	0.06	-0.015	0.136	.119
Survey Day (PMC)	-0.009	-0.013	-0.006	< .001	-0.009	-0.013	-0.006	< .001	-0.009	-0.013	-0.006	< .001
Person-level FTP (GMC)	0.016	-0.057	0.089	.674	-0.009	-0.079	0.062	.811	-0.051	-0.118	0.016	.141
Person-level Purpose (GMC)	-0.215	-0.347	-0.084	.002	-0.208	-0.341	-0.075	.003				
Retirement Status (0 = employed)	-0.272	-0.52	-0.024	.034								
Rel. Status (0 = not in relationship)	-0.182	-0.352	-0.012	.037								
Self-reported Health (GMC)	-0.106	-0.222	0.011	.077								
Age (GMC)	0.002	-0.013	0.017	.800								
Survey Day * Daily FTP	-0.016	-0.025	-0.007	.001	-0.016	-0.025	-0.007	< .001	-0.016	-0.025	-0.007	.001
Daily FTP * Person-level Purpose	0.015	-0.055	0.085	.677	0.013	-0.056	0.083	.709				
<i>Random Effects</i>												
Level 2: Person (var.)	0.245				0.266				0.284			
Level 1: Daily FTP slope (var.)	0.020				0.019				0.019			
Intercept - Daily FTP Slope (cor.)	-0.020				-0.032				-0.034			
Level 1: Residual Variance	0.082				0.082				0.082			

Note. Bolded estimates have $p < .05$. *Est.* = estimate, *Lower* = 95% Lower Confidence Interval, *Upper* = 95% Upper Confidence Interval, p = p -value, PMC = person mean centered, GMC = grand mean centered, rel. = relationship, var. = variance, cor. = correlation.

Table S3*Multilevel Modeling Results for Predicting End-of-Day Negative Affect*

	Model 3: Including Covariates				Model 2: Including Interactions				Model 1: Base Model			
<i>Fixed Effects</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>
Intercept	0.882	0.647	1.117	< .001	0.574	0.488	0.661	< .001	0.555	0.467	0.643	< .001
Daily FTP (PMC)	-0.100	-0.154	-0.045	< .001	-0.03	-0.079	0.02	.247	-0.104	-0.157	-0.052	< .001
Survey Day (PMC)	-0.007	-0.012	-0.002	.006	-0.011	-0.013	-0.009	< .001	-0.007	-0.012	-0.002	.005
Person-level FTP (GMC)	0.012	-0.06	0.084	.745	-0.003	-0.075	0.068	.925	-0.047	-0.113	0.02	.170
Person-level Purpose (GMC)	-0.183	-0.314	-0.052	.007	-0.220	-0.354	-0.087	.002				
Retirement Status (0 = employed)	-0.273	-0.514	-0.032	.028								
Rel. Status (0 = not in relationship)	-0.169	-0.337	-0.002	.050								
Self-reported Health (GMC)	-0.093	-0.207	0.022	.114								
Age (GMC)	0.006	-0.009	0.021	.438								
Survey Day * Daily FTP	-0.016	-0.027	-0.005	.006	-0.012	-0.018	-0.007	< .001	-0.016	-0.027	-0.004	.006
Daily FTP * Person-level Purpose	-0.010	-0.094	0.074	.814	0.009	-0.066	0.084	.818				
<i>Random Effects</i>												
Level 2: Person (var.)	0.232				0.272				0.266			
Level 1: Daily FTP slope (var.)	0.016				0.054				0.015			
Intercept - Daily FTP Slope (cor.)	-0.03				-0.022				-0.041			
Level 1: Residual Variance	0.183				0.21				0.183			

Note. Bolded estimates have $p < .05$. *Est.* = estimate, *Lower* = 95% Lower Confidence Interval, *Upper* = 95% Upper Confidence Interval, p = p -value, PMC = person mean centered, GMC = grand mean centered, rel. = relationship, var. = variance, cor. = correlation.

Table S4

Multilevel Modeling Results for Predicting Average Daily Positive Affect

	Model 3: Including Covariates				Model 2: Including Interactions				Model 1: Base Model			
<i>Fixed Effects</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>
Intercept	4.205	3.883	4.527	< .001	4.519	4.399	4.639	< .001	4.518	4.39	4.646	< .001
Daily FTP (PMC)	0.010	-0.083	0.102	.839	0.009	-0.083	0.101	.850	0.013	-0.079	0.105	.783
Survey Day (PMC)	-0.003	-0.008	0.001	.138	-0.003	-0.008	0.001	.142	-0.003	-0.008	0.001	.138
Person-level FTP (GMC)	0.053	-0.045	0.15	.292	0.085	-0.01	0.18	.083	0.172	0.078	0.265	< .001
Person-level Purpose (GMC)	0.413	0.238	0.587	< .001	0.412	0.235	0.588	< .001				
Retirement Status (0 = employed)	0.198	-0.132	0.527	.242								
Rel. Status (0 = not in relationship)	0.255	0.029	0.481	.029								
Self-reported Health (GMC)	0.186	0.031	0.341	.020								
Age (GMC)	0.015	-0.006	0.035	.161								
Survey Day * Daily FTP	0.012	0.001	0.022	.031	0.012	0.001	0.023	.029	0.012	0.001	0.022	.032
Daily FTP * Person-level Purpose	-0.034	-0.121	0.053	.447	-0.036	-0.122	0.051	.418				
<i>Random Effects</i>												
Level 2: Person (var.)	0.435				0.473				0.545			
Level 1: Daily FTP slope (var.)	0.034				0.034				0.033			
Intercept - Daily FTP Slope (cor.)	-0.029				-0.036				-0.048			
Level 1: Residual Variance	0.115				0.115				0.115			

Note. Bolded estimates have $p < .05$. *Est.* = estimate, *Lower* = 95% Lower Confidence Interval, *Upper* = 95% Upper Confidence Interval, p = p -value, PMC = person mean centered, GMC = grand mean centered, rel. = relationship, var. = variance, cor. = correlation.

Table S5

Multilevel Modeling Results for Predicting End-of-Day Positive Affect

	Model 3: Including Covariates				Model 2: Including Interactions				Model 1: Base Model			
<i>Fixed Effects</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>	<i>Est.</i>	<i>Lower</i>	<i>Upper</i>	<i>p</i>
Intercept	4.129	3.796	4.462	< .001	4.487	4.373	4.6	< .001	4.419	4.294	4.545	< .001
Daily FTP (person mean centered)	0.140	0.064	0.216	< .001	0.091	0.032	0.149	.003	0.142	0.067	0.217	< .001
Survey Day (0 = first of study)	-0.003	-0.009	0.004	.412	-0.002	-0.005	0.001	.155	-0.002	-0.009	0.004	.432
Person-level FTP (GMC)	0.049	-0.054	0.152	.350	0.080	-0.015	0.174	.102	0.157	0.06	0.254	.002
Person-level Purpose (GMC)	0.380	0.197	0.563	< .001	0.418	0.242	0.594	< .001				
Retirement Status (0 = employed)	0.143	-0.199	0.484	.414								
Rel. Status (0 = not in relationship)	0.302	0.064	0.54	.014								
Self-reported Health (GMC)	0.162	-0.001	0.325	.054								
Age (GMC)	0.011	-0.01	0.033	.306								
Survey Day * Daily FTP	0.028	0.014	0.042	< .001	0.009	0.002	0.016	.012	0.028	0.014	0.042	< .001
Daily FTP * Person-level Purpose	0.016	-0.101	0.134	.784	-0.021	-0.109	0.067	.635				
<i>Random Effects</i>												
Level 2: Person (var.)	0.463				0.472				0.553			
Level 1: Daily FTP slope (var.)	0.054				0.070				0.052			
Intercept - Daily FTP Slope (cor.)	-0.014				-0.030				-0.022			
Level 1: Residual Variance	0.273				0.325				0.273			

Note. Bolded estimates have $p < .05$. *Est.* = estimate, *Lower* = 95% Lower Confidence Interval, *Upper* = 95% Upper Confidence Interval, p = p -value, PMC = person mean centered, GMC = grand mean centered, rel. = relationship, var. = variance, cor. = correlation.