

# PURPOSE IN LIFE SCALE

Stephen W. Porges and Jacek Kolacz © 2018



How much do you agree or disagree with the following statements?

|           |  | <b>STRONGLY<br/>DISAGREE</b> | <b>SOMEWHAT<br/>DISAGREE</b> | <b>NEITHER AGREE<br/>NOR DISAGREE</b> | <b>SOMEWHAT<br/>AGREE</b> | <b>STRONGLY<br/>AGREE</b> |
|-----------|--|------------------------------|------------------------------|---------------------------------------|---------------------------|---------------------------|
| <b>1</b>  | I feel that my life has meaning                                | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>2</b>  | Even when things are bad, I still have hope                    | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>3</b>  | My work drains my energy                                       | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>4</b>  | I feel that life is worthwhile                                 | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>5</b>  | It feels good to set goals for myself                          | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>6</b>  | I feel that there are things in the future to be hopeful about | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>7</b>  | I get enjoyment out of the things I do                         | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>8</b>  | I feel a curiosity about the world                             | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>9</b>  | I enjoy working to make my plans a reality                     | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>10</b> | I am enthusiastic about getting out of bed in the morning      | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>11</b> | I feel that my life is interesting                             | 0                            | 0                            | 0                                     | 0                         | 0                         |
| <b>12</b> | I would like to disappear or become invisible                  | 0                            | 0                            | 0                                     | 0                         | 0                         |