

# Meaning in Life

## Instructions:

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements about yourself in the past month:

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

## Rating

### *Meaning in Life Judgments*

- \_\_\_\_\_ 1. My life as a whole has meaning.
- \_\_\_\_\_ 2. My entire existence is full of meaning.
- \_\_\_\_\_ 3. My life is meaningless.
- \_\_\_\_\_ 4. My existence is empty of meaning.

### *Coherence*

- \_\_\_\_\_ 5. I can make sense of the things that happen in my life.
- \_\_\_\_\_ 6. Looking at my life as a whole, things seem clear to me.
- \_\_\_\_\_ 7. I can't make sense of my events in my life.
- \_\_\_\_\_ 8. My life feels like a sequence of unconnected events.

### *Purpose*

- \_\_\_\_\_ 9. I have a good sense of what I am trying to accomplish in life.
- \_\_\_\_\_ 10. I have certain life goals that compel me to keep going.
- \_\_\_\_\_ 11. I don't know what I am trying to accomplish in life.
- \_\_\_\_\_ 12. I don't have compelling life goals that keep me going.

### *Mattering*

- \_\_\_\_\_ 13. Whether my life ever existed matters even in the grand scheme of the universe.
- \_\_\_\_\_ 14. Even considering how big the universe is, I can say that my life matters.
- \_\_\_\_\_ 15. My existence is not significant in the grand scheme of things.
- \_\_\_\_\_ 16. Given the vastness of the universe, my life does not matter.

Reference: Costin, V. & Vignoles, V. L. (2020). Meaning is about mattering: Evaluating coherence, purpose, and existential mattering as precursors of meaning in life judgments. *Journal of Personality and Social Psychology: Personality Processes and Individual Differences*, 118, 4, 864-884.

Now calculate your meaning in life scores!

Step 1: Items 3, 4, 7, 8, 11, 12, 15, and 16 need to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5	6	7
7	6	5	4	3	2	1

3R: \_\_\_\_\_ 4R: \_\_\_\_\_ 7R: \_\_\_\_\_ 8R: \_\_\_\_\_ 11R: \_\_\_\_\_ 12R: \_\_\_\_\_

15R: \_\_\_\_\_ 16R: \_\_\_\_\_

Step 2: Now calculate your meaning in life judgments, coherence, purpose, and mattering scores by computing the mean (add group items and divide by four for each section). Remember to use 3R, 4R, 7R, 8R, 11R, 12R, 15R, and 16R!

Meaning in Life Judgments Score: \_\_\_\_\_

Coherence Score: \_\_\_\_\_

Purpose Score: \_\_\_\_\_

Mattering Score: \_\_\_\_\_

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