

Beyond-the-Self Orientation

Instructions:

Using the following response options, please carefully read each statement and rate how often you behave in that way **NOW**, *at the end of this program*, and how often you would have or did behave **BEFORE** *this program*.

1	2	3	4	5
Almost never	Once in a while	Sometimes	Frequently	All of the time

	<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
1. How often do you hope to leave the world better than you found it?	_____	_____
2. How often do you find yourself hoping that you will make a meaningful contribution to the broader world?	_____	_____
3. How often is it important for you to make the world a better place in some way?	_____	_____
4. How often do you hope that the work that you do positively influences others?	_____	_____

Please calculate your total beyond-the-self orientation scores for **NOW** and **BEFORE** this program. To do this, compute the mean of the scores in each column (add scores and divide by four).

NOW: _____ **BEFORE:** _____