

Meaning in Life

Instructions:

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	6	7		
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree		
							<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
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.						_____	_____
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 events in my life.						_____	_____
8.	My life feels like a sequence of unconnected events.						_____	_____
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.						_____	_____
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.						_____	_____

Now compute 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
5	4	3	2	1

NOW

BEFORE

3R: _____ 4R: _____ 7R: _____

3R: _____ 4R: _____ 7R: _____

8R: _____ 11R: _____ 12R: _____

8R: _____ 11R: _____ 12R: _____

15R: _____ 16R: _____

15R: _____ 16R: _____

Step 2: Calculate your scores for meaning in life judgments, coherence, purpose, and mattering by computing the mean (add group scores and divide by four). Here is a list of which items correspond to which subconstruct:

Meaning in Life Judgements: 1-4

Coherence: 5-8

Purpose: 9-12

Mattering: 13-16

NOW

BEFORE

Meaning in Life Judgements Score: _____

Meaning in Life Judgements Score: _____

Coherence Score: _____

Coherence Score: _____

Purpose Score: _____

Purpose Score: _____

Mattering Score: _____

Mattering Score: _____