

Purpose in Life Scale

Stephen W. Porges and Jacek Kolacz © 2018

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

		Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1	I feel that my life has meaning	0	0	0	0	0
2	Even when things are bad, I still have hope	0	0	0	0	0
3	My work drains my energy	0	0	0	0	0
4	I feel that life is worthwhile	0	0	0	0	0
5	It feels good to set goals for myself	0	0	0	0	0
6	I feel that there are things in the future to be hopeful about	0	0	0	0	0
		Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
7	I get enjoyment out of the things I do	0	0	0	0	0
8	I feel a curiosity about the world	0	0	0	0	0
9	I enjoy working to make my plans a reality	0	0	0	0	0
10	I am enthusiastic about getting out of bed in the morning	0	0	0	0	0
11	I feel that my life is interesting	0	0	0	0	0
12	I would like to disappear or become invisible	0	0	0	0	0