

Meaning in Life Questionnaire

Name: _____ Date of birth: _____ dd / mm / yyyy

This 10-item questionnaire is a self-reported assessment tool that evaluates how an individual perceives and pursues a meaningful life. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. Please remember that these are subjective questions with no right or wrong answer, it is important to answer them truthfully and accurately.

There are seven possible responses to each of the items in the questionnaire: 1 = Absolutely untrue, 2 = Mostly untrue, 3 = Somewhat untrue, 4 = Can't say true or false, 5 = Somewhat true, 6 = Mostly true, 7 = Absolutely true

1. I understand my life's meaning.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

2. I am looking for something that makes my life feel meaningful.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

3. I am always looking to find my life's purpose.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

4. My life has a clear sense of purpose.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

5. I have a good sense of what makes my life meaningful.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

6. I have discovered a satisfying life purpose.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

7. I am always searching for something that makes my life feel significant.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

8. I am seeking a purpose or mission for my life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

9. My life has no clear purpose.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

10. I am searching for meaning in my life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

Presence of Meaning in Life: _____ Search for Meaning in Life: _____

Total score: _____

Specify below: