Please put away all electronic devices. This sheet will be collected but not assessed. The professor will look at the second page but will ignore the first page.

**Purpose** (adapted from UC Berkeley’s Greater Good project). Research links having a sense of purpose in life to better physical and mental health. According to researchers, a true purpose is personally meaningful and makes a positive impact on the lives of others (mily, friends, neighbors, city, country, the whole world). The inventory below will help you examine on your sense of purpose. There are no right or wrong answers. The point is simply to help you reflect.

1. I am usually:  
   bored / slightly bored / neither bored nor enthusiastic / slightly enthusiastic / enthusiastic
2. Most of what I do seems trivial and unimportant to me:  
   strongly disagree / disagree / neither agree nor disagree / agree / strongly agree
3. I know how I can use my talents to make a meaningful contribution to the world:  
   strongly disagree / disagree / neither agree nor disagree / agree / strongly agree
4. How well do you understand what gives your life meaning?  
   not at all / slightly / somewhat / very / extremely
5. How confident are you that you have discovered a satisfying purpose for your life?  
   not at all / slightly / somewhat / very / extremely
6. How clearly do you understand what it is that makes your life feel worthwhile?  
   not at all / slightly / somewhat / very / extremely
7. How much effort are you putting into making your goals a reality?  
   almost none / a little bit / some / quite a bit / a tremendous amount
8. How excited are you about carrying out the plans that you set for yourself?  
   not at all / slightly / somewhat / very / extremely
9. What portion of your daily activities move you closer to your long term aims?  
   none / a few / some / most / all
10. How often do you learn something new so that you can help others?  
    almost never / once in a while / sometimes / frequently / almost all the time
11. How often do you hope to leave the world better than you found it?  
    almost never / once in a while / sometimes / frequently / almost all the time
12. How often do you hope that your actions positively influence others?  
    almost never / once in a while / sometimes / frequently / almost all the time
13. How often do you volunteer to contribute to the welfare of others?  
    almost never / once in a while / sometimes / frequently / almost all the time
14. How well can you describe your purpose?  
    not very well at all / a little bit / somewhat well / fairly well / very clearly

Reflect! Write about your sense of purpose and/or the experience of taking this inventory.