

LIFE PURPOSE QUESTIONNAIRE

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NAME: _____ Date: _____

Instructions: Mark in the box that shows if you agree or disagree with each statement, for yourself, right now.

- | | | |
|--------------------------------|-----------------------------------|---|
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 1. I am often bored. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 2. In general, my life seems dull. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 3. I have definite ideas of things I want to do. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 4. My life is meaningful. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 5. Most days seem to be the same old thing. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 6. If I could live my life again, I would live it pretty much the same way I have. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 7. Retirement means a time for me to do some of the exciting things I have always wanted to do. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 8. I have made only a little progress toward reaching my life goals. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 9. My life is kind of empty. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 10. If I should die today, I would feel that my life has been worthwhile. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 11. In thinking of my life, I often wonder why I am alive. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 12. My life does not seem to fit well into the rest of the world. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 13. I am usually a reliable, responsible person. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 14. People usually don't have much freedom to make their own choices. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 15. I am not prepared for death. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 16. Sometimes I think that suicide may be a good way out for me. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 17. I am usually able to think of a usefulness to my life. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 18. I have much control over my life. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 19. My daily tasks are kind of boring. |
| Agree <input type="checkbox"/> | Disagree <input type="checkbox"/> | 20. I have discovered many reasons why I was born. |

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