**LRI (Battista2).pdf**

The Life Regard Index

Framework Items (positive)

1. I feel like I have found a really significant meaning for leading my life.
2. I have really come to terms with what’s important for me in my life.
3. I have a system or framework that allows me to truly understand my being alive.
4. I have a very clear idea of what I’d like to do with my life.
5. There are things that I devote all my life’s energy to.
6. I have a philosophy of life that really gives my living significance.
7. I have some aims and goals that would personally give me a great deal of satisfaction if I could accomplish them.

Framework items (negative)

1. I just don’t know what I really want to do with my life.
2. I don’t really have much of a purpose for living, even for myself.
3. I need to find something that I can really be committed to.
4. I get completely confused when I try to understand my life.
5. There isn’t honestly anything that I totally want to do.
6. I really don’t believe in anything about my life very deeply.
7. Other people seems to have a much better idea of what they want to do with their lives than I do.

Fulfillment Items (Positive)

1. I have real passion in my life.
2. I really feel good about my life.
3. Living is deeply fulfilling.
4. I feel that I’m living fully.
5. I feel that I’m really going to attain what I want in life.
6. I get so excited by what I’m doing that I find new stores of energy I didn’t know that I ha
7. When I look at my life, I feel the satisfaction of really having worked to accomplish something.

Fulfillment Items (negative)

1. I don’t seem to be able to accomplish those things that are really important to me.
2. Other people seem to feel better about their lives than I do.
3. I have a lot of potential that I don’t normally use.
4. I spend most of my time doing things that really aren’t very important to me.
5. Something seems to stop me from doing what I really want to do.
6. Nothing very outstanding ever seems to happen to me.
7. I don’t really value what I’m doing.