Meaning in Life Instrument

Record answers on a scale of 1=strongly disagree to 5=strongly agree

1. My life has not been what I hoped it would be.

2. I have searched for meaning in my life.

3. My future is bright.

4. I am not at peace with my God.

5. I accept my life as it is.

6. My day-to-day life has meaning.

7. I am pessimistic about my future.

8. I feel a sense of disconnection in my life.

9. I have struggled to find meaning in my life.

10. Life is futile (useless).

11. Others would say that my life has meaning.

12. Even if I lost that which means the most to me, my life would still be worthwhile.

13. There is no point to my life.

14. I am satisfied with my life.

15. I know why I am here on earth.

16. I have searched for meaning in my life.

17. Life has no intrinsic (inherent) meaning.

18. My life had meaning in the past.

19. My life is empty.

20. I am hopeful about the future of humankind.