**LRI (Battista).pdf**

LIFE REGARD INDEX (LRI) ADJUSTED VERSION

1 Do not agree  
2 No opinion  
3 Agree

1. I feel like I have found a really significant meaning for leading my life.
2. Living is deeply fulfilling.
3. I really don’t have much purpose for living, even for myself.
4. There honestly isn’t anything that I totally want to do.
5. I really feel good about my life.
6. I spend most of my time doing things that really aren’t important to me.
7. I have really come to terms with what’s important for me in my life.
8. I need to find something that I can really be committed to.
9. I just don’t know what I really want to do with my life.
10. Other people seem to have a better idea of what they want to do with their lives than I do.
11. I have some aims and goals that would personally give me a great deal of satisfaction if I could accomplish them.
12. I don’t seem to be able to accomplish those things that are really important to me.
13. I really don’t believe in anything about my life very deeply.
14. I have a philosophy of life that really gives my living significance.
15. Other people seem to feel better about their lives than I do.
16. I get completely confused when I try to understand my life.
17. Something seems to stop me from doing what I really want to do.
18. I have a lot of potential that I don’t normally use.
19. When I look at my life I feel the satisfaction of really having worked to accomplish something.
20. I have real passion in my life.
21. I feel that I’m really going to attain what I want in life.
22. I don’t really value what I’m doing.
23. I have a clear idea of what I’d like to do with my life.
24. I get so excited by what I’m doing that I find new stores of energy I didn’t know that I had.
25. There are things that I devote all my life’s energy to.
26. Nothing outstanding ever seems to happen to me.
27. I feel that I am living fully.
28. I have a system or framework that allows me to truly understand my being alive.