**The Life Attitude Profile (LAP)**

[1] = Strongly disagree

[2]

[3]

[4] = Neutral

[5]

[6]

[7] = Strongly agree

1. I feel that some element which I can’t quite define is missing from my life.
2. I expect the future to hold more promise for me than the past has.
3. A period of personal hardship and suffering can help give a person a better understanding of the real measure of life.
4. In my life I have very clear goals and aims.
5. Everyone is held accountable for their life.
6. I daydream of finding a new place for my life and a new identity.
7. I look forward to the future with great anticipation.
8. Every day is constantly new and different.
9. I think about the ultimate meaning of life.
10. I feel a need to develop clearer goals for my life.
11. My life is in my hands and I am in control of it.
12. Even though death is inevitable, I cannot help but be concerned about dying.
13. I have experienced the feeling that while I am destined to accomplish something important, I cannot put my finger on just what it is.
14. I think of achieving new goals in the future.
15. In achieving life’s goals, I have felt completely fulfilled.
16. In thinking of my life I see a reason for my being here.
17. I am restless.
18. Concerning my freedom to make my own choices, I believe I am absolutely free to make all life choices.
19. I think I am generally much less concerned about death than those around me.
20. I feel the lack of and a need to find a real meaning and purpose in my life.
21. I hope for something exciting in the future.
22. I get a great thrill out of just being alive.
23. The meaning of life is evident in the world around us.
24. I try new activities or areas of interest and then these soon lose their attractiveness.
25. Death makes little difference to me one way or another.
26. I am seeking a meaning, purpose, or mission for my life.
27. I feel the need for adventure and “new worlds to conquer.”
28. My life is running over with exciting good things.
29. I have discovered a satisfying life purpose.
30. I seem to change my main objective in life.
31. It is possible for me to live my life in terms of what I want to do.
32. I would neither fear death nor welcome it.
33. Over my lifetime I have felt a strong urge to find myself.
34. I feel that the greatest fulfillment of my life lies yet in the future.
35. Life to me seems very exciting.
36. I’ve been aware of an all-powerful and consuming purpose towards which my life has been directed.
37. Before I achieve one goal, I start out towards a different one.
38. I regard the opportunity to direct my life as very important.
39. New and different things appeal to me.
40. I am more afraid of death than old age.
41. I determine what happens in my life.
42. Basically, I am living the kind of life I want to live.
43. Some people are very frightened of death, but I am not.
44. My accomplishments in life are largely determined by my own efforts.