LIFE PURPOSE QUESTIONNAIRE

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

Agree/Disagree

1. I am often bored.

2. In general, my life seems dull.

3. I have definite ideas of things I want to do.

4. My life is meaningful.

5. Most days seem to be the same old thing.

6. If I could live my life again, I would live it pretty much the same way I have.

7. Retirement means a time for me to do some of the exciting things I have always wanted to do.

8. I have made only a little progress toward reaching my life goals.

9. My life is kind of empty.

10. If I should die today, I would feel that my life has been worthwhile.

11. In thinking of my life, I often wonder why I am alive.

12. My life does not seem to fit well into the rest of the world.

13. I am usually a reliable, responsible person.

14. People usually don't have much freedom to make their own choices.

15. I am not prepared for death.

16. Sometimes I think that suicide may be a good way out for me

17. I am usually able to think of a usefulness to my life.

18. I have much control over my life.

19. My daily tasks are kind of boring.

20. I have discovered many reasons why I was born.

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