The meaning-making scale

1 Strongly Disagree to 6 Strongly Agree

1. I actively take the time to reflect on events that happen in my life.
2. I have an understanding of what makes my life meaningful.
3. I prefer not to think about the meaning of events that I encounter.
4. When difficult things happen, I am usually quick to see the meaning of why they happen to me.
5. Self-reflection helps me to make my life meaningful.
6. I actively focus on activities and events that I personally find valuable.
7. I feel my life is meaningful.