Meaning in Life (Krause)

1 = Disagree strongly

2 = Disagree somewhat

3 = Agree somewhat

4 = Agree strongly

1. I have a system of values and beliefs that guide my daily activities.
2. I have a philosophy of life that helps me understand who I am.
3. I have really come to terms with what is important in my life.
4. In terms of my life, I see a reason for my being here.
5. I feel like I am living fully.
6. I feel like I have found a really significant meaning in my life.
7. I have discovered a satisfying life purpose.
8. In my life, I have clear goals and aims.
9. I have a sense of direction and purpose in life.
10. I have a good sense of what I am trying to accomplish in the rest of my life.
11. I feel good when I think about what I have done in the past.
12. I find it satisfying to think about what I have accomplished in life.
13. I am able to make sense of the unpleasant things that have happened in the past.
14. I am at peace with my past.