Meaning in Life Index

Fill out responses on a scale of 1=Strongly Disagree to 5=Strongly Agree

My personal existence is full of meaning.

My personal existence is full of purpose.

I feel my life has a sense of purpose.

My personal existence is full of direction.

I feel my life has a sense of meaning.

My life has clear goals and aims.

I feel my life has a sense of direction.

There are things I still want to achieve.

My life seems most worthwhile.