Meaning in Life Questionnaire

10 items on a 7-point scale (1=absolutely untrue, 2=mostly untrue, 3=somewhat untrue, 4=can’t say true or false, 5=somewhat true, 6=mostly true, 7=absolutely true).

I understand my life’s meaning.

I am looking for something that makes my life feel meaningful.

I am always looking to find my life’s purpose.

My life has a clear sense of purpose.

I have a good sense of what makes my life meaningful.

I have discovered a satisfying life purpose.

I am always searching for something that makes my life significant.

I am seeking a purpose or mission for my life.

My life has no clear purpose.

I am searching for meaning in my life.

9 is reverse scored