Appendix: The Meaningful Life Measure (MLM)

Please read each of the following statements carefully and then circle the appropriate number to indicate

your opinion. Please answer according to the scale below, unless otherwise state

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Slightly disagree | Neither disagree or agree | Slightly agree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

1. Life to me seems: ...completely routine (1); ...always exciting (7).

2. Every day is: ...exactly the same (1); ...constantly new and different (7).

3. Facing my daily tasks is: ...a painful and boring experience (1); ...a source of pleasure

and satisfaction (7).

4. My life interests and excites me.

5. My daily living is dull and routine.

6. I find it satisfying to think about what I have accomplished in life.

7. So far, I am pleased with what I have achieved in life.

8. I have been very successful in achieving certain things.

9. I have failed to accomplish much in life.

10. I feel good when I think of the things I have accomplished in life.

11. I have a system or framework that allows me to truly understand my being alive.

12. I have a philosophy of life that really gives my living significance.

13. I have a personal value system that makes my living worthwhile.

14. The beliefs I hold about the world enable me to make sense out of my existence.

15. I hold certain values which I feel greatly enrich my life with significance.

16. In my life I have: ...no goals or aims at all (1); ...very clear goals and aims (7).

17. I have discovered: ...no mission or purpose in life (1); ...clear-cut goals and a

satisfying life purpose (7).

18. I have a clear idea of what my future goals and aims are.

19. I tend to wander aimlessly through life, without much sense of purpose or direction.

20. My life is worthwhile.

21. My life is significant.

22. I really value my life.

23. I hold my own life in high regard