PPM & PMP

1= Strongly Disagree to 9=Strongly Agree

My life as a whole has meaning.

I am able to spend most of my time in meaningful activities and pursuits.

I led a meaningful life in the past.

My entire existence is full of meaning.

At present, I find my life very meaningful.

I look forward to a meaningful life in the future.

I derive a great deal of personal meaning from my past life.

I derive a great deal of personal meaning from my future expectations.

1=Not at all to 7=A great deal

I have a good family life

I believe I can make a difference in the world

I am at peace with God

I have learned that setbacks and disappointments are an inevitable part of life.

I believe that life has an ultimate purpose and meaning.

I engage in creative work.

I am successful in achieving my aspirations.

I pursue worthwhile objectives.

I strive to achieve my life goals.

I care about other people.

I have someone to share intimate feelings with.

I believe in the values of my pursuits.

I seek to actualize my potentials.

I have found that there is rough justice in this world.

I strive to make this world a better place.

I am at peace with myself.

I have confidants to give me emotional support.

I relate well to others.

I have a sense of mission or calling.

I seek to do God’s will.

I like challenge.

I believe that human life is governed by moral laws.

It is important to dedicate my life to a cause.

I take initiative.

I am able to make full use of my abilities.

I strive to do my best in whatever I am doing.

I have a number of good friends.

I am trusted by others.

I am committed to my work.

I have a purpose and direction in life.