VOL (Lawton)

1 = Disagree very strongly

2 = Disagree

3 = Neutral

4 = Agree

5 = Agree very strongly

1. I feel hopeful right now.

2. Each new day I have much to look forward to.

3. My life these days is a useful life.

4. My life is guided by strong religious or ethical beliefs.

5. I have a strong will to live right now.

6. Life has meaning for me.

7. I feel able to accomplish my life goals.

8. My personal beliefs allow me to maintain a hopeful attitude.

9. I intend to make the most of my life.

10. I can think of many ways to get out of a jam.

11. I can think of many ways to get the things in life that are most important to me.

12. Even when others get discouraged, I know I can find a way to solve the problem.

13. I meet the goals that I set for myself.

14. It is hard to find much meaning in my everyday life.

15. I have very few goals in my life, today.

16. I’m just putting in time for the rest of my life.

17. I spend very little time planning for the future.

18. The real enjoyments of my life are in the past.

19. There are very few ways around any problem.