Read each item and, as honestly as you can, answer the questions: "How true is this of you?" Shade the oval under the appropriate number on the scale, where 1 means the statement is **very untrue** for you and 7 means that the statement is **very true** for you.

	Very <b>1</b>	Very Untrue 1 2 3			5	Very true <b>6 7</b>	
Many opportunities await me in the future.	0	0	0	0	0	0	0
I expect that I will set many new goals in the future.	0	0	0	0	0	0	0
3. My future is filled with possibilities.	0	0	0	0	0	0	Ο
4. Most of my life lies ahead of me.	0	0	0	0	0	0	0
5. My future seems infinite to me.	0	0	0	0	0	0	0
6. I could do anything I want in the future.	0	0	0	0	0	0	Ο
There is plenty of time left in my life to make new plans.	0	0	0	0	0	0	Ο
8. I have the sense time is running out.	0	0	0	0	0	0	Ο
There are only limited possibilities in my future.	0	0	0	0	0	0	0
10. As I get older, I begin to experience time as limited.	0	0	0	0	0	0	0