**Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989)**

1. I live one day at a time and don't really think about the future. (PWB 1) 1
2. I tend to focus on the present, because the future always brings me problems. (PWB 2) 1
3. My daily activities often seem trivial and unimportant to me. (PWB 3) 1
4. I don't have a good sense of what it is that I am trying to accomplish in my life. (PWB 4) 1
5. I used to set goals for myself, but that now seems a waste of time. (PWB 5) 1
6. I sometimes feel as if I’ve done all there is to do in life. (PWB 9) 1
7. I don’t know where I fit in the world. (APSI 6) 1
8. There is not enough purpose in my life. (LET 1) 1
9. To me, the things I do are all worthwhile. (LET 2) 1
10. Most of what I do seems trivial and unimportant to me. (LET 3) 1
11. I don’t care very much about the things I do. (LET 5) 1
12. My life has no clear purpose. (MLQ 9) 1
13. I enjoy making plans for the future and working to make them a reality. (PWB 6) 6
14. I am an active person in carrying out the plans I set for myself. (PWB 7) 2
15. I have a definite sense of purpose in life. (APSI 1) 2
16. I have a firm sense of who I am. (APSI 2) 2
17. I have a clear set of personal values or moral standards. (APSI 5) 2
18. I know what I want out of life. (APSI 4) 2
19. I have specific personal goals for the future. (APSI 7) 2
20. I have a clear sense of who I want to be when I am an adult. (APSI 8) 2
21. Some people wander aimlessly through life, but I am not one of them. (PWB 8) 2
22. I am looking for something that makes my life feel meaningful. (MLQ 2) 3
23. I am always looking to find my life’s purpose. (MLQ 3) 3
24. I am always searching for something that makes my life feel significant. (MLQ 7) 3
25. I am seeking a purpose or mission for my life. (MLQ 8) 3
26. I am searching for meaning in my life. (MLQ 10) 3
27. I understand my life’s meaning. (MLQ 1) 4
28. My life has a clear sense of purpose. (MLQ 4) 4
29. I have a good sense of what makes my life meaningful. (MLQ 5) 4
30. I have discovered a satisfying life purpose. (MLQ 6) 4
31. I value my activities a lot. (LET 4) 5
32. I have lots of reasons for living. (LET 6) 5
33. I have a set of basic beliefs and values that guide my actions and decisions. (APSI 3) 6

**MLQ**