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

1. I have a definite sense of purpose in life. (APSI 1) 1
2. I have a firm sense of who I am. (APSI 2) 1
3. I know what I want out of life. (APSI 4) 1
4. I have a clear set of personal values or moral standards. (APSI 5) 1
5. I have specific personal goals for the future. (APSI 7) 1
6. I have a clear sense of who I want to be when I am an adult. (APSI 8) 1
7. I live one day at a time and don't really think about the future. (PWB 1) 2
8. My daily activities often seem trivial and unimportant to me. (PWB 3) 2
9. I used to set goals for myself, but that now seems a waste of time. (PWB 5) 2
10. I don’t know where I fit in the world. (APSI 6) 2
11. Most of what I do seems trivial and unimportant to me. (LET 3) 2
12. I don’t care very much about the things I do. (LET 5) 2
13. I am looking for something that makes my life feel meaningful. (MLQ 2) 3
14. I am always looking to find my life’s purpose. (MLQ 3) 3
15. I am always searching for something that makes my life feel significant. (MLQ 7) 3
16. I am seeking a purpose or mission for my life. (MLQ 8) 3
17. I am searching for meaning in my life. (MLQ 10) 3
18. My life has a clear sense of purpose. (MLQ 4) 4
19. I have a good sense of what makes my life meaningful. (MLQ 5) 4
20. I have discovered a satisfying life purpose. (MLQ 6) 4
21. I understand my life’s meaning. (MLQ 1) 4