**Factor Analysis all purpose scales**

**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. (rs)
2. I tend to focus on the present, because the future always brings me problems. (rs)
3. My daily activities often seem trivial and unimportant to me. (rs)
4. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)
5. I used to set goals for myself, but that now seems a waste of time. (rs)
6. I enjoy making plans for the future and working to make them a reality.
7. I am an active person in carrying out the plans I set for myself.
8. Some people wander aimlessly through life, but I am not one of them.
9. I sometimes feel as if I’ve done all there is to do in life. (rs)

**Sense of Identity (taken from APSI; Jaffe, 1998)**

1. I have a definite sense of purpose in life.
2. I have a firm sense of who I am.
3. I have a set of basic beliefs and values that guide my actions and decisions.
4. I know what I want out of life.
5. I have a clear set of personal values or moral standards.
6. I don’t know where I fit in the world.
7. I have specific personal goals for the future.
8. I have a clear sense of who I want to be when I am an adult.

**Life Engagement Test (Scheier et al., 2006)**

1. There is not enough purpose in my life.
2. To me, the things I do are all worthwhile.
3. Most of what I do seems trivial and unimportant to me.
4. I value my activities a lot.
5. I don’t care very much about the things I do.
6. I have lots of reasons for living.

**The Meaning in Life Questionnaire (Steger)**

1. I understand my life’s meaning.
2. I am looking for something that makes my life feel meaningful.
3. I am always looking to find my life’s purpose.
4. My life has a clear sense of purpose.
5. I have a good sense of what makes my life meaningful.
6. I have discovered a satisfying life purpose.
7. I am always searching for something that makes my life feel significant.
8. I am seeking a purpose or mission for my life.
9. My life has no clear purpose.
10. I am searching for meaning in my life.
11. PWB\_1
12. PWB\_2
13. PWB\_3
14. PWB\_4
15. PWB\_5
16. PWB\_6
17. PWB\_7
18. PWB\_8
19. PWB\_9
20. APSI\_1
21. APSI\_2
22. APSI\_3
23. APSI\_4
24. APSI\_5
25. APSI\_6
26. APSI\_7
27. APSI\_8
28. LET\_1
29. LET\_2
30. LET\_3
31. LET\_4
32. LET\_5
33. LET\_6
34. MLQ\_1
35. MLQ\_2
36. MLQ\_3
37. MLQ\_4
38. MLQ\_5
39. MLQ\_6
40. MLQ\_7
41. MLQ\_8
42. MLQ\_9
43. MLQ\_10

Four Factor with Simple Structure—based on EFA

Factor 1:

1. I am an active person in carrying out the plans I set for myself.
2. Some people wander aimlessly through life, but I am not one of them.
3. I have a definite sense of purpose in life.
4. I have a firm sense of who I am.
5. I have a set of basic beliefs and values that guide my actions and decisions.
6. I know what I want out of life.
7. I have a clear set of personal values or moral standards.
8. I have specific personal goals for the future.
9. I have a clear sense of who I want to be when I am an adult.
10. To me, the things I do are all worthwhile.
11. I value my activities a lot.
12. My life has a clear sense of purpose.
13. I have discovered a satisfying life purpose.

Factor 2:

1. I live one day at a time and don't really think about the future. (rs)
2. I tend to focus on the present, because the future always brings me problems. (rs)
3. My daily activities often seem trivial and unimportant to me. (rs)
4. I used to set goals for myself, but that now seems a waste of time. (rs)
5. I enjoy making plans for the future and working to make them a reality.
6. I don’t know where I fit in the world.
7. There is not enough purpose in my life.
8. Most of what I do seems trivial and unimportant to me.
9. I don’t care very much about the things I do.
10. My life has no clear purpose.

Factor 3:

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.

Factor 4:

1. I understand my life’s meaning.
2. My life has a clear sense of purpose.
3. I have a good sense of what makes my life meaningful.
4. I have discovered a satisfying life purpose.

**Removed (because loading on more than one factor or not loading at all)**

1. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)
2. I sometimes feel as if I’ve done all there is to do in life. (rs)
3. I have a set of basic beliefs and values that guide my actions and decisions.
4. I have lots of reasons for living.

7 Factor Based in Theory (results)

**Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)**

**Present focused**

1. I live one day at a time and don't really think about the future. (rs) 1
2. I tend to focus on the present, because the future always brings me problems. (rs) 2

**Understanding Self and Life**

1. I have a firm sense of who I am. 11
2. I know what I want out of life. 13
3. I don’t know where I fit in the world. 15
4. I have lots of reasons for living. 23
5. Some people wander aimlessly through life, but I am not one of them. 8
6. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs) 4

**Making Plans**

1. I have specific personal goals for the future.16
2. I have a clear sense of who I want to be when I am an adult.17
3. I am an active person in carrying out the plans I set for myself. 7
4. I used to set goals for myself, but that now seems a waste of time. (rs) 5
5. I enjoy making plans for the future and working to make them a reality. 6
6. I sometimes feel as if I’ve done all there is to do in life. (rs) 9

**Meaningful activities**

1. I value my activities a lot. 21
2. My daily activities often seem trivial and unimportant to me. (rs) 3
3. To me, the things I do are all worthwhile. 19
4. Most of what I do seems trivial and unimportant to me. 20
5. I don’t care very much about the things I do. 22

**Values and Morals**

1. I have a clear set of personal values or moral standards. 14
2. I have a set of basic beliefs and values that guide my actions and decisions. 12

**Have Purpose**

1. I have a definite sense of purpose in life. 10
2. There is not enough purpose in my life. 18
3. My life has a clear sense of purpose.27
4. I have a good sense of what makes my life meaningful. 28
5. I have discovered a satisfying life purpose. 29
6. My life has no clear purpose. 32
7. I understand my life’s meaning. 24

**Searching for Purpose**

1. I am looking for something that makes my life feel meaningful. 25
2. I am always looking to find my life’s purpose.26
3. I am always searching for something that makes my life feel significant. 30
4. I am seeking a purpose or mission for my life. 31
5. I am searching for meaning in my life. 33

#Factor 1 Present Focused:

PWB\_1, PWB\_2,

Factor 2 Understanding Self and Life:

APSI\_2, APSI\_4, APSI\_6, LET\_6, PWB\_8, PWB\_4,

#Factor 3 Making Plans:

APSI\_7, APSI\_8, PWB\_7, PWB\_5, PWB\_6, PWB\_9,

#Factor 4 Meaningful activities:

LET\_4, PWB\_3, LET\_2, LET\_3, LET\_5,

#Factor 5 Values and Morals:

APSI\_5, APSI\_3,

#Factor 6 Have Purpose:

APSI\_1, LET\_1, MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1,

#Factor 7 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10

6 Factor Based in Theory (results)

**Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)**

* 1. **Factor 1 Present focused**

1. I live one day at a time and don't really think about the future. (rs) 1 (good loading)

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

Factor 1 Present Focused:

PWB\_1, PWB\_2,

Factor 2 Understanding Self and Life, Making Plans:

APSI\_2, APSI\_4, APSI\_6, LET\_6, PWB\_8, PWB\_4,APSI\_7, APSI\_8, PWB\_7, PWB\_5, PWB\_6, PWB\_9,

Factor 3 Meaningful activities:

LET\_4, PWB\_3, LET\_2, LET\_3, LET\_5,

Factor 4 Values and Morals:

APSI\_5, APSI\_3,

Factor 5 Have Purpose:

APSI\_1, LET\_1, MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1,

Factor 6 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10

Loadings:

MR2 MR5 MR6 MR3 MR1 MR4

1 0.103 0.117 0.519 0.270

2 0.219 0.220 0.489 -0.135

3 0.559 0.197 0.142 -0.191

4 0.758 0.200 -0.147

5 0.188 -0.378 0.111 -0.237 -0.270 -0.232

6 0.136 0.162 0.455 -0.192 0.245

7 0.504 0.135 0.114

8 0.302 0.294 0.175 0.451 -0.160

9 0.826 -0.143 0.109 0.113

10 0.806 0.149 -0.151 0.106

11 0.466 0.217 0.186 -0.151

12 -0.351 -0.352 -0.246

13 0.173 0.171 0.110 0.147 0.504

14 0.200 -0.192 0.369 0.402 -0.140

15 0.319 0.396 -0.315

16 -0.124 0.132 0.566 0.239 0.147

17 0.257 0.167 0.469 -0.340 -0.238

18 -0.195 0.171 0.456 0.258 0.149

19 -0.215 0.155 0.379 0.249 0.255

20 0.647 -0.125 0.183 -0.196

21 0.232 0.117 0.556

22 0.616 0.284 -0.121 -0.147

23 0.381 -0.176 0.339 0.173

24 0.115 0.713 -0.137 -0.157

25 0.702 0.132

26 0.216 0.732 -0.118

27 0.377 -0.162 0.208 0.217

28 0.860 -0.115

29 0.832

30 0.756

31 0.147 0.732 0.103

32 0.745

33 -0.116 0.818 0.100

5 Factor Based in Theory (results)

**Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)**

* 1. **Factor 1 Present focused**

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

#Factor 1 Present Focused:

PWB\_1, PWB\_2, PWB\_4, PWB\_5,

#Factor 2 Understanding Self and Life, Making Plans:

APSI\_2, APSI\_4, PWB\_8, APSI\_7, APSI\_8, PWB\_7, APSI\_5, APSI\_1,

#Factor 3 Meaningful activities:

LET\_4, PWB\_3, LET\_2, LET\_3, LET\_5, LET\_6, PWB\_9, LET\_1,

#Factor 4 Have Purpose:

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1, APSI\_6,

Factor 5 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10

**5 Factor Based in Theory (results) and number 19 (PWB\_9) was changed to factor 1 where it loaded better in the previous analysis**

**Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)**

* 1. **Factor 1 Present focused**

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

#Factor 1 Present Focused:

PWB\_1, PWB\_2, PWB\_4, PWB\_5,PWB\_9,

#Factor 2 Understanding Self and Life, Making Plans:

APSI\_2, APSI\_4, PWB\_8, APSI\_7, APSI\_8, PWB\_7, APSI\_5, APSI\_1,

#Factor 3 Meaningful activities:

LET\_4, PWB\_3, LET\_2, LET\_3, LET\_5, LET\_6, LET\_1,

#Factor 5 Have Purpose:

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1, APSI\_6,

#Factor 6 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

**5 Factor Based in Theory (results) but dropping number 18 (LET\_5) because it loaded on two factors (1 and 3)**

Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)

* 1. Factor 1 Present focused

1 I live one day at a time and don't really think about the future. (rs) 1 (good loading)

1. I tend to focus on the present, because the future always brings me problems. (rs) 2 (good loading)
2. I used to set goals for myself, but that now seems a waste of time. (rs) 5 (loads on 1)
3. I don't have a good sense of what it is that I am trying to accomplish in my life. (loads on 1) (rs) 4
4. I sometimes feel as if I’ve done all there is to do in life. (rs) 9
5. Most of what I do seems trivial and unimportant to me. 20 (loads better on 1)
   1. Factor 2 Understanding Self and Life, Making Plans:
6. I have a firm sense of who I am. 11 (good loading)
7. I know what I want out of life. 13 (good loading)
8. Some people wander aimlessly through life, but I am not one of them. 8 (good loading)
9. I have specific personal goals for the future.16 (good loading)
10. I have a clear sense of who I want to be when I am an adult.17 (good loading)
11. I am an active person in carrying out the plans I set for myself. 7 (good loading)
12. I have a clear set of personal values or moral standards. 14 (loads well on 2)
13. I have a definite sense of purpose in life. 10 (loads better on 2)
    1. Factor 3 Meaningful activities
14. I value my activities a lot. 21 (good loading)
15. My daily activities often seem trivial and unimportant to me. (rs) 3 (good loading)
16. To me, the things I do are all worthwhile. 19 (good loading)
17. I have lots of reasons for living. 23 (Loads better on 1)
18. There is not enough purpose in my life. 18 (loads better on 4)
    1. Factor 4 Have Purpose
19. My life has a clear sense of purpose.27 (good loading)
20. I have a good sense of what makes my life meaningful. 28 (good loading)
21. I have discovered a satisfying life purpose. 29 (good loading)
22. My life has no clear purpose. 32 (cross loads with 3)
23. I understand my life’s meaning. 24 (good loading)
24. I don’t know where I fit in the world. 15 (Loads better on 5)
    1. Factor 5 Searching for Purpose
25. I am looking for something that makes my life feel meaningful. 25 (good loading)
26. I am always looking to find my life’s purpose.26 (good loading)
27. I am always searching for something that makes my life feel significant. 30 (good loading)
28. I am seeking a purpose or mission for my life. 31 (good loading)
29. I am searching for meaning in my life. 33 (good loading)

#Factor 1 Present Focused:

PWB\_1, PWB\_2, PWB\_4, PWB\_5,PWB\_9,

#Factor 2 Understanding Self and Life, Making Plans:

APSI\_2, APSI\_4, PWB\_8, APSI\_7, APSI\_8, PWB\_7, APSI\_5, APSI\_1,

#Factor 3 Meaningful activities:

LET\_4, PWB\_3, LET\_2, LET\_3, LET\_6, LET\_1,

#Factor 4 Have Purpose:

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1, APSI\_6,

#Factor 5 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

**5 Factor Based in Theory (results) but moving 17 (LET\_3) to 1 and 19 (LET\_1) to 4 where they load better**

Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)

Factor 1 Present focused

1. I live one day at a time and don't really think about the future. (rs) 1
2. I tend to focus on the present, because the future always brings me problems. (rs) 2
3. I used to set goals for myself, but that now seems a waste of time. (rs) 5
4. I don't have a good sense of what it is that I am trying to accomplish in my life.(rs) 4
5. I sometimes feel as if I’ve done all there is to do in life. (rs) 9
6. Most of what I do seems trivial and unimportant to me. 20

Factor 2 Understanding Self and Life, Making Plans:

1. I have a firm sense of who I am. 11
2. I know what I want out of life. 13
3. Some people wander aimlessly through life, but I am not one of them. 8
4. I have specific personal goals for the future. 16
5. I have a clear sense of who I want to be when I am an adult. 17
6. I am an active person in carrying out the plans I set for myself. 7
7. I have a clear set of personal values or moral standards. 14
8. I have a definite sense of purpose in life. 10

Factor 3 Meaningful activities

1. I value my activities a lot. 21
2. My daily activities often seem trivial and unimportant to me. (rs) 3
3. To me, the things I do are all worthwhile. 19
4. I have lots of reasons for living. 23

Factor 4 Have Purpose

1. My life has a clear sense of purpose.27
2. I have a good sense of what makes my life meaningful. 28
3. I have discovered a satisfying life purpose. 29
4. My life has no clear purpose. 32
5. I understand my life’s meaning. 24
6. I don’t know where I fit in the world. 15
7. There is not enough purpose in my life. 18

Factor 5 Searching for Purpose

1. I am looking for something that makes my life feel meaningful. 25
2. I am always looking to find my life’s purpose.26
3. I am always searching for something that makes my life feel significant. 30
4. I am seeking a purpose or mission for my life. 31
5. I am searching for meaning in my life. 33

#Factor 1 Present Focused:

PWB\_1, PWB\_2, PWB\_4, PWB\_5,PWB\_9,LET\_3,

#Factor 2 Understanding Self and Life, Making Plans:

APSI\_2, APSI\_4, PWB\_8, APSI\_7, APSI\_8, PWB\_7, APSI\_5, APSI\_1,

#Factor 3 Meaningful activities:

LET\_4, PWB\_3, LET\_2, LET\_6,

#Factor 4 Have Purpose:

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1, APSI\_6,LET\_1,

#Factor 5 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

5 Factor Based in Theory (results) with activities as two factors: positive and negative

Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989) Life Engagement Test (Scheier et al., 2006) Sense of Identity (taken from APSI; Jaffe, 1998) The Meaning in Life Questionnaire (Steger)

Factor 1 Present focused

1. I live one day at a time and don't really think about the future. (rs) 1
2. I tend to focus on the present, because the future always brings me problems. (rs) 2
3. I don't have a good sense of what it is that I am trying to accomplish in my life.(rs) 4

Factor 2 Understanding Self and Life, Making Plans:

1. I have a firm sense of who I am. 11
2. I know what I want out of life. 13
3. Some people wander aimlessly through life, but I am not one of them. 8
4. I have specific personal goals for the future. 16
5. I have a clear sense of who I want to be when I am an adult. 17
6. I am an active person in carrying out the plans I set for myself. 7
7. I have a clear set of personal values or moral standards. 14
8. I have a definite sense of purpose in life. 10

Factor 3 Meaningful activities

1. I value my activities a lot. 21
2. To me, the things I do are all worthwhile. 19
3. I have lots of reasons for living. 23

Factor 4 Meaningful activities Negative

1. I sometimes feel as if I’ve done all there is to do in life. (rs) 9
2. Most of what I do seems trivial and unimportant to me. 20
3. My daily activities often seem trivial and unimportant to me. (rs) 3
4. I used to set goals for myself, but that now seems a waste of time. (rs) 5

Factor 5 Have Purpose

1. My life has a clear sense of purpose.27
2. I have a good sense of what makes my life meaningful. 28
3. I have discovered a satisfying life purpose. 29
4. My life has no clear purpose. 32
5. I understand my life’s meaning. 24
6. I don’t know where I fit in the world. 15
7. There is not enough purpose in my life. 18

Factor 6 Searching for Purpose

1. I am looking for something that makes my life feel meaningful. 25
2. I am always looking to find my life’s purpose.26
3. I am always searching for something that makes my life feel significant. 30
4. I am seeking a purpose or mission for my life. 31
5. I am searching for meaning in my life. 33

#Factor 1 Present Focused:

PWB\_1, PWB\_2, PWB\_5, PWB\_4,

#Factor 2 Understanding Self and Life, Making Plans:

APSI\_2, APSI\_4, PWB\_8, APSI\_7, APSI\_8, PWB\_7, APSI\_5, APSI\_1,

#Factor 3 Meaningful activities:

LET\_4, LET\_2, LET\_6,

#Factor 4 Meaningful activities Negative

PWB\_9, LET\_3, PWB\_3,

#Factor 5 Have Purpose:

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_9, MLQ\_1, APSI\_6,LET\_1,

#Factor 6 Searching for meaning

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

Five Factor Structure

Factor 1:

PWB\_7

PWB\_8

1. I am an active person in carrying out the plans I set for myself.
2. Some people wander aimlessly through life, but I am not one of them.

APSI\_1

APSI\_2

APSI\_4

APSI\_5

APSI\_7

APSI\_8

1. I have a definite sense of purpose in life.
2. I have a firm sense of who I am.
3. I know what I want out of life.
4. I have a clear set of personal values or moral standards.
5. I have specific personal goals for the future.
6. I have a clear sense of who I want to be when I am an adult.

Factor 2:

PWB\_1

PWB\_2

PWB\_3

PWB\_4

PWB\_5

PWB\_6

PWB\_9

1. I live one day at a time and don't really think about the future. (rs)
2. I tend to focus on the present, because the future always brings me problems. (rs)
3. My daily activities often seem trivial and unimportant to me. (rs)
4. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)
5. I used to set goals for myself, but that now seems a waste of time. (rs)
6. I enjoy making plans for the future and working to make them a reality.
7. I sometimes feel as if I’ve done all there is to do in life. (rs)

APSI\_3

APSI\_6

1. I have a set of basic beliefs and values that guide my actions and decisions.
2. I don’t know where I fit in the world.

LET\_1

LET\_3

LET\_5

LET\_6

1. There is not enough purpose in my life.
2. Most of what I do seems trivial and unimportant to me.
3. I don’t care very much about the things I do.
4. I have lots of reasons for living.

MLQ\_9

1. My life has no clear purpose.

Factor 3:

MLQ\_2

MLQ\_3

MLQ\_7

MLQ\_8

MLQ\_10

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.

Factor 4:

MLQ\_1

MLQ\_4

MLQ\_5

MLQ\_6

1. I understand my life’s meaning.
2. My life has a clear sense of purpose.
3. I have a good sense of what makes my life meaningful.
4. I have discovered a satisfying life purpose.

Factor 5:

LET\_2

LET\_4

1. Most of what I do seems trivial and unimportant to me.
2. I value my activities a lot.

**Six Factor Structure**

Factor 1:

PWB\_7

PWB\_8

1. I am an active person in carrying out the plans I set for myself.
2. Some people wander aimlessly through life, but I am not one of them.

APSI\_1

APSI\_2

APSI\_4

APSI\_5

APSI\_7

APSI\_8

1. I have a definite sense of purpose in life.
2. I have a firm sense of who I am.
3. I know what I want out of life.
4. I have a clear set of personal values or moral standards.
5. I have specific personal goals for the future.
6. I have a clear sense of who I want to be when I am an adult.

Factor 2:

PWB\_1

PWB\_2

PWB\_3

PWB\_4

PWB\_5

PWB\_9

1. I live one day at a time and don't really think about the future. (rs)
2. I tend to focus on the present, because the future always brings me problems. (rs)
3. My daily activities often seem trivial and unimportant to me. (rs)
4. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)
5. I used to set goals for myself, but that now seems a waste of time. (rs)
6. I sometimes feel as if I’ve done all there is to do in life. (rs)

APSI\_6

1. I don’t know where I fit in the world.

LET\_1

LET\_3

LET\_4

1. There is not enough purpose in my life.
2. Most of what I do seems trivial and unimportant to me.
3. I value my activities a lot.

MLQ\_9

1. My life has no clear purpose.

Factor 3:

MLQ\_2

MLQ\_3

MLQ\_7

MLQ\_8

MLQ\_10

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.

Factor 4:

MLQ\_1

MLQ\_4

MLQ\_5

MLQ\_6

1. I understand my life’s meaning.
2. My life has a clear sense of purpose.
3. I have a good sense of what makes my life meaningful.
4. I have discovered a satisfying life purpose.

Factor 5:

LET\_2

LET\_4

LET\_6

1. Most of what I do seems trivial and unimportant to me.
2. I value my activities a lot.
3. I have lots of reasons for living.

Factor 6:

PWB\_5

APSI\_3

1. I used to set goals for myself, but that now seems a waste of time. (rs)
2. I have a set of basic beliefs and values that guide my actions and decisions.

Four Factor Loadings

Standardized loadings (pattern matrix) based upon correlation matrix

ML1 ML2 ML3 ML4 h2 u2 com

1 -0.02 0.65 -0.01 -0.18 0.38 0.62 1.2

2 0.22 0.47 -0.06 -0.16 0.21 0.79 1.7

3 0.05 0.83 0.01 -0.04 0.66 0.34 1.0

5 -0.09 -0.77 -0.03 0.05 0.55 0.45 1.0

6 0.12 0.55 0.16 0.11 0.39 0.61 1.4

7 0.62 0.07 0.05 0.12 0.50 0.50 1.1

8 0.59 0.14 -0.03 0.04 0.39 0.61 1.1

10 0.74 -0.11 -0.06 0.16 0.71 0.29 1.1

11 0.73 -0.03 -0.07 0.09 0.60 0.40 1.1

13 0.75 -0.04 -0.04 0.09 0.64 0.36 1.0

14 0.76 -0.01 0.07 -0.15 0.49 0.51 1.1

15 0.17 -0.66 0.06 -0.26 0.64 0.36 1.5

16 0.77 0.02 0.10 -0.04 0.59 0.41 1.0

17 0.79 -0.03 0.00 0.02 0.64 0.36 1.0

18 0.07 0.57 -0.17 0.18 0.50 0.50 1.4

19 0.58 0.04 0.00 0.07 0.39 0.61 1.0

20 -0.06 0.78 -0.03 0.01 0.63 0.37 1.0

21 0.56 0.07 0.02 -0.01 0.31 0.69 1.0

22 -0.14 0.75 0.03 0.03 0.61 0.39 1.1

24 -0.02 0.04 0.02 0.82 0.68 0.32 1.0

25 0.02 -0.02 0.80 -0.06 0.64 0.36 1.0

26 0.10 -0.03 0.72 0.04 0.56 0.44 1.1

27 0.27 0.00 0.04 0.61 0.61 0.39 1.4

28 0.10 0.18 0.07 0.64 0.60 0.40 1.2

29 0.27 -0.03 -0.01 0.63 0.63 0.37 1.4

30 -0.07 -0.02 0.72 0.16 0.54 0.46 1.1

31 0.09 0.06 0.73 0.01 0.55 0.45 1.0

32 0.05 0.50 -0.15 0.22 0.43 0.57 1.6

33 -0.11 -0.02 0.82 -0.02 0.67 0.33 1.0

Five Factor Loadings

ML2 ML1 ML3 ML4 ML5 h2 u2 com

1 0.66 0.12 -0.04 -0.17 -0.28 0.46 0.54 1.6

2 0.50 0.22 -0.07 -0.18 0.00 0.25 0.75 1.7

3 0.82 -0.11 0.01 0.00 0.15 0.69 0.31 1.1

4 0.49 0.33 -0.10 0.07 0.03 0.42 0.58 1.9

5 -0.76 -0.08 -0.01 0.02 0.06 0.57 0.43 1.0

6 0.52 0.19 0.15 0.17 -0.18 0.42 0.58 2.0

7 0.06 0.45 0.06 0.15 0.27 0.51 0.49 2.0

8 0.12 0.49 -0.03 0.08 0.14 0.39 0.61 1.4

9 0.51 0.18 0.03 -0.34 0.12 0.25 0.75 2.2

10 -0.11 0.60 -0.05 0.19 0.24 0.71 0.29 1.6

11 -0.05 0.52 -0.06 0.14 0.30 0.61 0.39 1.8

12 0.33 0.20 0.11 0.13 -0.09 0.21 0.79 2.5

13 -0.07 0.76 -0.05 0.14 0.00 0.67 0.33 1.1

14 -0.03 0.57 0.09 -0.10 0.26 0.50 0.50 1.5

15 -0.66 0.13 0.08 -0.27 0.11 0.65 0.35 1.5

16 0.00 0.82 0.09 0.01 -0.06 0.66 0.34 1.0

17 -0.05 0.80 -0.01 0.06 0.00 0.68 0.32 1.0

18 0.54 -0.06 -0.17 0.22 0.13 0.50 0.50 1.7

19 0.03 0.21 0.02 0.08 0.59 0.56 0.44 1.3

20 0.75 -0.18 -0.04 0.06 0.07 0.63 0.37 1.1

21 0.06 0.27 0.04 0.02 0.44 0.39 0.61 1.7

22 0.73 -0.19 0.02 0.08 -0.02 0.60 0.40 1.2

23 0.41 0.12 0.07 0.16 0.26 0.38 0.62 2.3

24 0.07 0.04 0.02 0.80 -0.02 0.70 0.30 1.0

25 -0.02 -0.01 0.80 -0.07 0.05 0.65 0.35 1.0

26 -0.03 0.04 0.73 0.04 0.09 0.57 0.43 1.0

27 0.02 0.17 0.05 0.58 0.22 0.62 0.38 1.5

28 0.20 0.13 0.08 0.63 0.01 0.61 0.39 1.3

29 0.00 0.28 -0.01 0.59 0.07 0.62 0.38 1.5

30 -0.01 0.02 0.71 0.14 -0.11 0.54 0.46 1.1

31 0.05 0.07 0.73 0.02 0.01 0.55 0.45 1.0

32 0.49 0.02 -0.15 0.25 0.01 0.43 0.57 1.7

33 -0.02 -0.10 0.82 -0.02 -0.03 0.68 0.32 1.0

Six Factor Loadings

ML2 ML1 ML3 ML4 ML5 ML6 h2 u2 com

1 0.63 0.13 -0.04 -0.15 -0.26 0.11 0.47 0.53 1.7

2 0.59 0.18 -0.01 -0.11 -0.05 -0.23 0.33 0.67 1.6

3 0.77 -0.15 0.00 0.03 0.16 0.09 0.69 0.31 1.2

4 0.58 0.28 -0.04 0.17 -0.04 -0.25 0.53 0.47 2.1

5 -0.70 -0.06 0.00 0.00 0.03 -0.14 0.57 0.43 1.1

6 0.38 0.22 0.09 0.12 -0.11 0.41 0.50 0.50 3.0

7 0.04 0.42 0.05 0.16 0.30 0.04 0.51 0.49 2.2

8 0.08 0.47 -0.05 0.08 0.18 0.09 0.39 0.61 1.6

9 0.60 0.13 0.07 -0.27 0.08 -0.21 0.31 0.69 1.9

10 -0.09 0.56 -0.03 0.23 0.25 -0.10 0.71 0.29 1.9

11 -0.05 0.49 -0.06 0.15 0.33 -0.03 0.61 0.39 2.1

12 0.16 0.25 0.02 0.04 0.02 0.49 0.37 0.63 1.7

13 -0.07 0.73 -0.05 0.15 0.04 0.02 0.67 0.33 1.1

14 -0.06 0.55 0.05 -0.13 0.33 0.10 0.52 0.48 1.9

15 -0.60 0.14 0.09 -0.29 0.09 -0.14 0.65 0.35 1.8

16 -0.01 0.80 0.08 0.02 -0.01 0.06 0.65 0.35 1.0

17 -0.03 0.77 0.00 0.10 0.01 -0.06 0.69 0.31 1.0

18 0.54 -0.10 -0.15 0.28 0.11 -0.05 0.51 0.49 1.9

19 0.04 0.15 0.02 0.11 0.60 -0.09 0.56 0.44 1.2

20 0.71 -0.20 -0.04 0.09 0.07 0.08 0.63 0.37 1.2

21 0.03 0.23 0.02 0.00 0.50 0.07 0.41 0.59 1.4

22 0.66 -0.20 0.00 0.09 0.00 0.17 0.60 0.40 1.4

23 0.30 0.10 0.01 0.11 0.36 0.29 0.46 0.54 3.3

24 0.01 0.03 0.02 0.79 -0.01 0.10 0.69 0.31 1.0

25 0.02 -0.03 0.82 -0.05 0.03 -0.08 0.66 0.34 1.0

26 -0.01 0.02 0.74 0.06 0.08 -0.06 0.57 0.43 1.0

27 0.03 0.12 0.08 0.63 0.20 -0.10 0.64 0.36 1.4

28 0.14 0.11 0.08 0.63 0.03 0.12 0.61 0.39 1.3

29 0.01 0.25 0.03 0.65 0.04 -0.11 0.64 0.36 1.4

30 -0.01 0.02 0.72 0.15 -0.12 0.02 0.55 0.45 1.2

31 0.05 0.06 0.73 0.03 0.02 0.01 0.55 0.45 1.0

32 0.48 -0.01 -0.14 0.29 -0.01 -0.01 0.44 0.56 1.8

33 -0.05 -0.09 0.80 -0.04 -0.01 0.10 0.68 0.32 1.1

**# Target rotation based taking out all questions that significantly cross load PWB\_1, PWB\_4, PWB\_7, LET\_4, LET\_6, LET\_3, MLQ\_9, LET\_5**

#Factor 1:

APSI\_2, APSI\_4, PWB\_8, APSI\_7, APSI\_8, APSI\_5, APSI\_1, LET\_2,

1. I have a definite sense of purpose in life.1
2. I have a firm sense of who I am. 1
3. Some people wander aimlessly through life, but I am not one of them. 1
4. I know what I want out of life.1
5. I have a clear set of personal values or moral standards.1
6. I have specific personal goals for the future.1
7. I have a clear sense of who I want to be when I am an adult.1
8. To me, the things I do are all worthwhile. 1

#Factor2:

PWB\_2, PWB\_9, PWB\_3, PWB\_5, LET\_1, APSI\_6,

1. I tend to focus on the present, because the future always brings me problems. (rs)2
2. My daily activities often seem trivial and unimportant to me. (rs)2
3. I used to set goals for myself, but that now seems a waste of time. (rs)2
4. I am an active person in carrying out the plans I set for myself. 2
5. I sometimes feel as if I’ve done all there is to do in life. (rs)2
6. There is not enough purpose in my life. 2

#Factor3

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_1,

1. My life has a clear sense of purpose.
2. I have a good sense of what makes my life meaningful.
3. I have discovered a satisfying life purpose.
4. I understand my life’s meaning.

#Factor 4

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.

**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. (rs)
2. I tend to focus on the present, because the future always brings me problems. (rs)2
3. My daily activities often seem trivial and unimportant to me. (rs)2
4. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)
5. I used to set goals for myself, but that now seems a waste of time. (rs)2
6. I enjoy making plans for the future and working to make them a reality.
7. I am an active person in carrying out the plans I set for myself. 2
8. Some people wander aimlessly through life, but I am not one of them. 1
9. I sometimes feel as if I’ve done all there is to do in life. (rs)2

**Sense of Identity (taken from APSI; Jaffe, 1998)**

1. I have a definite sense of purpose in life.1
2. I have a firm sense of who I am. 1
3. I have a set of basic beliefs and values that guide my actions and decisions.
4. I know what I want out of life.1
5. I have a clear set of personal values or moral standards.1
6. I don’t know where I fit in the world.
7. I have specific personal goals for the future.1
8. I have a clear sense of who I want to be when I am an adult.1

**Life Engagement Test (Scheier et al., 2006)**

1. There is not enough purpose in my life. 2
2. To me, the things I do are all worthwhile. 1
3. Most of what I do seems trivial and unimportant to me.
4. I value my activities a lot.
5. I don’t care very much about the things I do.
6. I have lots of reasons for living.

**The Meaning in Life Questionnaire (Steger)**

1. I understand my life’s meaning.
2. I am looking for something that makes my life feel meaningful.
3. I am always looking to find my life’s purpose.
4. My life has a clear sense of purpose.
5. I have a good sense of what makes my life meaningful.
6. I have discovered a satisfying life purpose.
7. I am always searching for something that makes my life feel significant.
8. I am seeking a purpose or mission for my life.
9. My life has no clear purpose.
10. I am searching for meaning in my life.

**# Target rotation based taking out all questions that significantly cross load PWB\_1, PWB\_4, PWB\_7, LET\_4, LET\_6, LET\_3, MLQ\_9, LET\_5**

#Factor 1 (understanding of self):

APSI\_2, APSI\_4, APSI\_5, APSI\_6

1. I have a firm sense of who I am. 1
2. I know what I want out of life.1
3. I have a clear set of personal values or moral standards.1
4. I don’t know where I fit in the world. (?)

#Factor 2: (making plans)

PWB\_8, APSI\_7, APSI\_8, PWB\_5, PWB\_7, PWB\_6

1. Some people wander aimlessly through life, but I am not one of them. 2
2. I have specific personal goals for the future.2
3. I have a clear sense of who I want to be when I am an adult.2
4. I used to set goals for myself, but that now seems a waste of time. (rs)2
5. I am an active person in carrying out the plans I set for myself. 2
6. I enjoy making plans for the future and working to make them a reality.

#Factor 3: (Daily Activities)

LET\_2, PWB\_2, PWB\_3, PWB\_9, LET\_4,

1. To me, the things I do are all worthwhile. 3
2. I tend to focus on the present, because the future always brings me problems. (rs)3
3. My daily activities often seem trivial and unimportant to me. (rs)3
4. I sometimes feel as if I’ve done all there is to do in life. (rs)3 (?)
5. I value my activities a lot.

#Factor 4

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_1, MLQ\_9

1. My life has a clear sense of purpose.
2. I have a good sense of what makes my life meaningful.
3. I have discovered a satisfying life purpose.
4. I understand my life’s meaning.
5. My life has no clear purpose.

#Factor 5

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.

#Factor 1 (understanding of self):

APSI\_2, LET\_2, APSI\_4, APSI\_5, PWB\_6, LET\_4,

1. I have a firm sense of who I am. 1
2. To me, the things I do are all worthwhile. 1
3. I have a clear set of personal values or moral standards.1
4. I value my activities a lot.1

#Factor 2: (making plans)

PWB\_8, APSI\_7, APSI\_8,

1. Some people wander aimlessly through life, but I am not one of them. 2
2. I have specific personal goals for the future.2
3. I have a clear sense of who I want to be when I am an adult.2
4. I know what I want out of life.2

#Factor 3: (Daily Activities)

PWB\_2, PWB\_3, PWB\_9,

1. I tend to focus on the present, because the future always brings me problems. (rs)3
2. My daily activities often seem trivial and unimportant to me. (rs)3
3. I sometimes feel as if I’ve done all there is to do in life. (rs) (?)3
4. I enjoy making plans for the future and working to make them a reality. 1

#Factor 4

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_1, MLQ\_9

1. My life has a clear sense of purpose.
2. I have a good sense of what makes my life meaningful.
3. I have discovered a satisfying life purpose.
4. I understand my life’s meaning.
5. My life has no clear purpose.

#Factor 5

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.

**PWB\_1, PWB\_3, PWB\_5, APSI\_6, LET\_1, LET\_3, LET\_5,**

**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. (rs)1
2. My daily activities often seem trivial and unimportant to me. (rs)1
3. I used to set goals for myself, but that now seems a waste of time. (rs)1
4. I don’t know where I fit in the world.1
5. There is not enough purpose in my life. 1
6. Most of what I do seems trivial and unimportant to me. 1
7. I don’t care very much about the things I do. 1

PWB\_2, PWB\_7, PWB\_8, APSI\_2, APSI\_4, APSI\_7, APSI\_8,

**Sense of Identity (taken from APSI; Jaffe, 1998)**

1. I tend to focus on the present, because the future always brings me problems. (rs)2
2. I am an active person in carrying out the plans I set for myself. 2
3. Some people wander aimlessly through life, but I am not one of them. 2
4. I have a firm sense of who I am. 2
5. I know what I want out of life.2
6. I have specific personal goals for the future.2
7. I have a clear sense of who I want to be when I am an adult.2

**Life Engagement Test (Scheier et al., 2006)**

1. To me, the things I do are all worthwhile.
2. I value my activities a lot.
3. I have lots of reasons for living.

**The Meaning in Life Questionnaire (Steger)**

1. I understand my life’s meaning.
2. I am looking for something that makes my life feel meaningful.
3. I am always looking to find my life’s purpose.
4. My life has a clear sense of purpose.
5. I have a good sense of what makes my life meaningful.
6. I have discovered a satisfying life purpose.
7. I am always searching for something that makes my life feel significant.
8. I am seeking a purpose or mission for my life.
9. My life has no clear purpose.
10. I am searching for meaning in my life.

**Quick tweek based on the data**

**Factor 1: How I feel about myself and my activities**

Comments: This is negatively correlated to purpose Factor 3 (-.36) and uncorrelated with Factor 2. It seems to me that not carting about daily activities etc and not know where one fits in in the world is negatively correlated to purpose. Thus one might argue that they are symptoms on not having purpose.

**PWB\_1, PWB\_3, APSI\_6, LET\_1, LET\_3, LET\_5,** PWB\_2,

* + 1. I live one day at a time and don't really think about the future. (rs)
    2. My daily activities often seem trivial and unimportant to me. (rs)
    3. I don’t know where I fit in the world.
    4. Most of what I do seems trivial and unimportant to me.
    5. I don’t care very much about the things I do.

**Factor 2: Knowledge of self and plans for future**

Comments: This is positively correlated to Factor 3 (.69). One might argue that whilst Factor 3 from the MLQ is general feelings of purpose these questions (about goal setting and a sense on knowing who one is) gets at the details of what makes life purposeful. In this sense these two scales add to purpose in a way that MLQ does not. This can be the gist of my argument?

PWB\_7, PWB\_8, APSI\_2, APSI\_4, APSI\_7, APSI\_8,

1. I am an active person in carrying out the plans I set for myself.
2. Some people wander aimlessly through life, but I am not one of them.
3. I have a firm sense of who I am.
4. I know what I want out of life.
5. I have specific personal goals for the future.
6. I have a clear sense of who I want to be when I am an adult.

**Factor 3: Purpose in Life**

MLQ\_4, MLQ\_5, MLQ\_6, MLQ\_1, MLQ\_9

1. My life has a clear sense of purpose.
2. I have a good sense of what makes my life meaningful.
3. I have discovered a satisfying life purpose.
4. I understand my life’s meaning.

**Factor 4: Searching for Purpose**

MLQ\_2, MLQ\_3, MLQ\_7, MLQ\_8, MLQ\_10)

1. I am looking for something that makes my life feel meaningful.
2. I am always looking to find my life’s purpose.
3. I am always searching for something that makes my life feel significant.
4. I am seeking a purpose or mission for my life.
5. I am searching for meaning in my life.
6. Loadings:
7. MR2 MR1 MR4 MR3
8. 1 0.650 -0.185
9. 2 0.798
10. 3 0.152 -0.627 -0.297
11. 4 0.785
12. 5 -0.105 0.763
13. 6 -0.255 -0.481 0.147
14. 7 0.570 0.171
15. 8 0.571
16. 9 0.634 0.159
17. 10 0.761
18. 11 0.819 0.101
19. 12 0.846
20. 13 0.173 0.686
21. 14 0.126 0.700
22. 15 0.224 0.661
23. 16 0.872
24. 17 0.475 -0.134 0.267
25. 18 0.810
26. 19 0.729
27. 20 0.716 0.128
28. 21 0.739
29. 22 -0.101 0.820