

## Purpose in Life Test

**Directions:** For each of the following statements, circle/select the number that would be most nearly true for you. The numbers extend from one extreme feeling to the opposite on the other side.

1. I am usually:	1 2 3 4 5 6 7	
completely bored		exuberant, enthusiastic
2. Life to me seems:	1 2 3 4 5 6 7	
completely routine		always exciting
3. In life, I have:	1 2 3 4 5 6 7	
no goals or desires		very clear goals & desires
4. My personal existence is:	1 2 3 4 5 6 7	
meaningless, without purpose		purposeful, meaningful
5. Every day is:	1 2 3 4 5 6 7	
exactly the same		constantly new & different
6. If I could choose, I would:	1 2 3 4 5 6 7	
prefer never to have been born		like nine more lives just like this one
7. After retiring, I would:	1 2 3 4 5 6 7	
loaf around completely		do exciting things I've always wanted to do
8. In achieving life goals, I've:	1 2 3 4 5 6 7	
made no progress		progressed to complete fulfillment
9. My life is:	1 2 3 4 5 6 7	
empty, filled with despair		running over with exciting good things
10. If I should die today, I would feel that my life has been:	1 2 3 4 5 6 7	
completely worthless		very worthwhile
11. In thinking of my life, I:	1 2 3 4 5 6 7	
often wonder why I exist		always see a reason for being here
12. As I view the world in relation to my life, the world:	1 2 3 4 5 6 7	
completely confuses me		fits meaningfully with my life
13. I am a:	1 2 3 4 5 6 7	
very irresponsible person		very responsible person
14. Concerning one's freedom to make their own choices, I believe a person is:	1 2 3 4 5 6 7	
completely bound by limitations		absolutely free to make all life's choices
15. With regard to death, I am:	1 2 3 4 5 6 7	
unprepared & scared		prepared & unafraid
16. With regard to suicide, I have:	1 2 3 4 5 6 7	
thought of it seriously as a way out		never given it a second thought
17. I regard my ability to find a meaning, purpose or mission in life as:	1 2 3 4 5 6 7	
practically none		very great
18. My life is:	1 2 3 4 5 6 7	
out of my control		in my control
19. Facing my daily tasks is:	1 2 3 4 5 6 7	
a painful & boring experience		a source of pleasure/satisfaction
20. I have discovered:	1 2 3 4 5 6 7	
no mission or purpose in life		clear-cut goals and a purpose in life

**Scoring:** Add up all the scores you circled/selected and write/type the total here:

**Source:** Crumbaugh, J. (1968). Cross-validation of purpose in life test based on Frankl's concepts. *Individual Psychology*, 24,1.