THE PURPOSE IN LIFE TEST

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Part A

For each of the following statements, circle the number that would be most nearly true for you. Note that the numbers always extend from one extreme feeling to its opposite kind of feeling. “Neutral” implies no judgment either way; try to use this rating as little as possible.

1. I am usually:
   1  2  3  4  5  6  7
   completely (neutral)
   bored

2. Life to me seems:
   7  6  5  4  3  2  1
   always (neutral)
   exciting

3. In life I have:
   1  2  3  4  5  6  7
   no goals or (neutral)
   aims at all

4. My personal existence is:
   1  2  3  4  5  6  7
   Utterly meaningless (neutral)
   without purpose

5. Every day is:
   7  6  5  4  3  2  1
   constantly new (neutral)
   and different

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Test #168
6. If I could choose, I would:

1. prefer never to have been born
2. (neutral)
3. Like nine more lives just like this one
4. 

7. After retiring, I would:

1. loaf completely the rest of my life
2. do some of the exciting things I have always wanted to do
3. (neutral)
4. 

8. In achieving life goals I have:

1. progressed to complete fulfillment
2. made no progress whatever
3. (neutral)
4. 

9. My life is:

1. running over with exciting good things
2. empty, filled only with despair
3. (neutral)
4. 

10. If I should die today, I would feel that my life has been:

1. completely worthless
2. very worthwhile
3. (neutral)
4. 

11. In thinking of my life, I:

1. always see a reason for my being here
2. often wonder why I exist
3. (neutral)
4. 

12. As I view the world in relation to my life, the world:

1. fits meaningfully with my life
2. completely confuses me
3. (neutral)
4. 

13. I am a:

1. very responsible person
2. very irresponsible person
3. (neutral)
4. 

14. Concerning man's freedom to make his own choices, I believe man is:

1. completely bound by limitations of heredity and environment
2. absolutely free to make all life choices
3. (neutral)
4. 

15. With regard to death, I am:

7 6 5 4 3 2 1
prepared and (neutral) unprepared and
unafraid frightened

16. With regard to suicide, I have:

1 2 3 4 5 6 7
thought of it seriously (neutral) never given it a
as a way out second thought

17. I regard my ability to find a meaning, purpose, or mission in life as:

7 6 5 4 3 2 1
very great (neutral) practically none

18. My life is:

7 6 5 4 3 2 1
in my hands and I (neutral) out of my hands
am in control of it and controlled
by external factors

19. Facing my daily tasks is:

7 6 5 4 3 2 1
a source of pleasure (neutral) a painful and bor-
and satisfaction ning experience

20. I have discovered:

1 2 3 4 5 6 7
no mission or (neutral) clear-cut goals
purpose in life and a satisfying life purpose

Part B
Make complete sentences of each of the following phrases. Work rapidly, filling in
the blanks with the first thing that pops into your mind.

1. More than anything, I want

2. My life is

3. I hope I can

4. I have achieved

5. My highest aspiration

6. The most hopeless thing

7. The whole purpose of my life

Continued—
8. I get bored

9. Death is

10. I am accomplishing

11. Illness and suffering can be

12. To me all life is

13. The thought of suicide

**Part C**

Write a paragraph describing in detail your aims, ambitions, goals in life. How much progress are you making in achieving them?