Claremont Purpose Scale


Meaningfulness

1. How clear is your sense of purpose in your life? (Not at all clear, a little bit clear, somewhat clear, quite clear, extremely clear)
2. How well do you understand what gives your life meaning? (do not understand at all, understand a little bit, understand somewhat, understand quite well, understand extremely well)
3. How confident are you that you have discovered a satisfying purpose for your life? (Not at all confident, slightly confident, somewhat confident, quite confident, extremely confident)
4. How clearly do you understand what it is that makes your life feel worthwhile? (Not at all clearly, a little bit clearly, somewhat clearly, quite clearly, extremely clearly)

Goal Orientation

5. How hard are you working to make your long term aims of reality? (Not at all hard, slightly hard, somewhat hard, quite hard, extremely hard)
6. How much effort are you putting into making your goals a reality? (Almost no effort, a little bit of effort, some effort, quite a bit of effort, a tremendous amount of effort)
7. How engaged are you in carrying out the plans that you set for yourself? (Not at all engaged, slightly engaged, somewhat engaged, quite engaged, extremely engaged)
8. What portion of your daily activities move you closer to your long term aims? (None of my daily activities, a few of my daily activities, some of my daily activities, most of my daily activities, all of my daily activities)

Beyond-the-self dimension

9. How often do you hope to leave the world better than you found it? (Almost never, once in a while, sometimes, frequently, almost all the time)
10. How often do you find yourself hoping that you will make a meaningful contribution to the broader world? (Almost never, once in a while, sometimes, frequently, almost all the time)
11. How important is it for you to make the world a better place in some way? (Not at all important, slightly important, somewhat important, quite important, extremely important)
12. How often do you hope that the work you do positively influences others? (Almost never, once in a while, sometimes, frequently, almost all the time)