

Brief Purpose Scale

Hill PL, Edmonds GW, Peterson M, Luyckx K, Andrews JA. Purpose in Life in Emerging Adulthood: Development and Validation of a New Brief Measure. *J Posit Psychol.* 2016 May 1;11(3):237-245. doi: 10.1080/17439760.2015.1048817. Epub 2015 Jun 3. PMID: 26958072; PMCID: PMC4779362.

Participants rated their agreement to the four items on a five-point scale.

1. There is a direction in my life.
2. My plans for the future match with my true interests and values.
3. I know which direction I am going to follow in my life.
4. My life is guided by a set of clear commitments.