

Purpose in Life Test (PIL)

Crumbaugh, J., & Maholick, L. (1964). An experimental study of existentialism: The psychometric approach to Frankl's concept of noogenic neurosis. *Journal of Clinical Psychology*, 20, 200-207.

Instructions: Please read each statement and select the option that best reflects your agreement or disagreement with the statement. Use the following Likert scale to make your selections: 1 = Strongly Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Neutral, 5 = Slightly Agree, 6 = Agree, 7 = Strongly Agree

1. I feel good when I think of what I've done and what I hope to do.
2. My life has a clear sense of purpose.
3. I have a clear goal or direction in life.
4. I believe there is a purpose to my life that I am working to fulfill.
5. I find my life genuinely satisfying and meaningful.
6. I have discovered a satisfying life purpose.
7. I have no reason to live. (R)
8. I am enthusiastic about my future.
9. My life lacks purpose or direction. (R)
10. I feel a sense of mission about what I am set to achieve in life.
11. My life is empty and meaningless. (R)
12. Every day is a new opportunity to fulfill my purpose.
13. I feel a great sense of joy and fulfillment in my life.
14. I am excited about what lies ahead for me.
15. I feel disconnected from my life's purpose. (R)
16. I don't care about my future. (R)
17. I find a deep sense of fulfillment in my personal relationships.
18. I have goals that are important to me.
19. I don't understand my life's purpose. (R)
20. I feel that I contribute positively to the lives of people around me.

After completing the test, each item's score is added to get a total score. The potential range of scores for this 20-item test is 20 (lowest possible score) to 140 (highest possible score). The items marked with (R) are reverse-scored.