

Sense of Purpose Scale

Sharma, G., Yukhymenko-Lescroart, M., & Kang, Z. (2018). Sense of Purpose Scale: Development and initial validation. *Applied Developmental Science*, 22(3), 188–199.
<https://doi.org/10.1080/10888691.2016.1262262>

The Sense of Purpose Scale consisted of 30 items divided into three subscales: awareness of purpose (e.g., My purpose in life is clear), awakening to purpose (e.g., I am in the process of formulating my long-term goals), and altruistic purpose (e.g., My goals extend beyond benefits for myself). The responses for these items were made on a 5-point Likert-type scale ranging from strongly disagree to strongly agree.

1. My purpose in life is clear.
2. I have begun to contemplate what I ultimately wish to achieve.
3. I am striving to make a positive difference in society.
4. I am moving toward fulfillment of my life's purpose.
5. I am in the process of formulating my long-term goals.
6. Through my career I aim to make the world a better place.
7. I have no idea where my life is going. (R)
8. Recent experiences made me aware of my purpose.
9. My life's purpose has nothing to do with common good. (R)
10. The important decisions I make are in line with my purpose.
11. I have become more certain about my future goals.
12. I seek to serve society in many ways, large and small.
13. My current aims match with my future aspirations.
14. My current activities have helped me to develop clear aims.
15. I seek to learn so that I can help others.
16. I do not see any purpose in what I am doing. (R)
17. I have become interested in search for my purpose in life.
18. My goals extend beyond benefits for myself.
19. My life lacks purpose. (R)
20. I have started thinking about what I truly want to achieve.
21. I have often volunteered to contribute to the welfare of others.
22. I feel aimless. (R)
23. I am not interested in search for purpose in life. (R)
24. I am engaged in activities to help others.
25. I feel confident about my life's purpose.
26. I don't think of purpose in life. (R)
27. My current pursuits will help me to contribute to society.

28. I can describe my life's purpose.

29. I have become concerned about how I can contribute to society.

30. I make efforts to promote other people's wellbeing.

Note: (R) indicates negatively worded items.