

Meaningful Living Scale

© Paul T. P. Wong

Instructions: Please use one of the following numbers from 1 to 7 to indicate how much you agree or disagree with the following statement.

1 Strongly disagree	2 Disagree	3 Slightly disagree	4 Neither agree nor disagree	5 Slightly agree	6 Agree	7 Strongly agree
---------------------------	---------------	---------------------------	---------------------------------------	------------------------	------------	------------------------

1. _____ Overall, I find my life meaningful.
2. _____ I am in a meaningful love-relationship.
3. _____ I find my present work or occupation meaningful.
4. _____ I have found a meaning and purpose in my suffering.
5. _____ I have learned to live fully and responsibly because of the brevity of life.

Total score: _____ (Scores for all items are summed to calculate a total score.)

The Satisfaction with Life Scale

© Diener, Emmons, Larsen, & Griffin (1985)

Instructions: Please use one of the following numbers from 1 to 7 to indicate how much you agree or disagree with the following statement.

1 Strongly disagree	2 Disagree	3 Slightly disagree	4 Neither agree nor disagree	5 Slightly agree	6 Agree	7 Strongly agree
---------------------------	---------------	---------------------------	---------------------------------------	------------------------	------------	------------------------

1. _____ In most ways, my life is close to my ideal.
2. _____ The conditions of my life are excellent.
3. _____ I am satisfied with my life.
4. _____ So far, I have gotten the important things I want in my life.
5. _____ If I could live my life over, I would change almost nothing.

Total score: _____ (Scores for all items are summed to calculate a total score.)