

Exercise 5: The Brief Personal Meaningful Profile (PMP-B)
 © Paul T. P. Wong

This questionnaire is intended to identify what really matters in your life and measures people's perception of personal meaning in their lives. Generally, a meaningful life involves a sense of purpose and personal significance. However, people often differ in what they value most, and they have different ideas as to what would make life worth living. The following statements describe potential sources of a meaningful life. Please read each statement carefully and indicate to what extent each item characterizes your own life. You may respond by circling the appropriate number according to the following scale:

1	2	3	4	5	6	7
Not at all			Moderately			A great deal

For example, if going to parties does not contribute to your sense of personal meaning, you may circle 1 or 2. If taking part in volunteer work contributes quite a bit to the meaning in your life, you may circle 5 or 6.

It is important that you answer honestly on the basis of your own experience and beliefs.

- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. I believe I can make a difference in the world | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I have someone to share intimate feelings with | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I strive to make this world a better place | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I seek to do God's will | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I like challenge | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I take initiative | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I have a number of good friends | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. I am trusted by others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. I seek to glorify God | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. Life has treated me fairly | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. I accept my limitations | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. I have a mutually satisfying loving relationship | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. I am liked by others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I have found someone I love deeply | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. I accept what cannot be changed | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I am persistent and resourceful in attaining my goals | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. I make a significant contribution to society | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. I believe that one can have a personal relationship with God | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. I am treated fairly by others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. I have received my fair share of opportunities and rewards | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. I have learned to live with suffering and make the best of it | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Scoring

Please indicate the score you circled for the indicated question number in the cells below. Add up the scores in each row.

Subscale	Score	Score	Score	Row Total
Achievement	(Q5)	(Q6)	(Q16)	
Relationship	(Q7)	(Q8)	(Q13)	
Religion	(Q4)	(Q9)	(Q18)	
Self-transcendence	(Q1)	(Q3)	(Q17)	
Self-acceptance	(Q11)	(Q15)	(Q21)	
Intimacy	(Q2)	(Q12)	(Q14)	
Fair treatment	(Q10)	(Q19)	(Q20)	