

Life Orientation Profile (LOP)  
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Life often involves tough choices because life is finite and opportunities are limited. Often, we have to choose between alternatives which seem equally desirable but lead to different outcomes. In this exercise, please rank order your priority among the four alternatives for each question. For example, if you think the third alternative is your first choice, place the number “1” beside the item, and so on.

1. Please rank order your preference for the following icons.
  - a. Nelson Mandela
  - b. Lady Gaga
  - c. Mother Teresa
  - d. Steve Jobs
  
2. Please rank order what kind of life you would prefer.
  - a. A challenging but successful life.
  - b. An ordinary but comfortable life.
  - c. A difficult but meaningful life.
  - d. A sacrificial virtuous life.
  
3. Please rank order what kind of job you would prefer.
  - a. A job that is demanding but does something good for society or humanity.
  - b. A job that is stressful but high paying.
  - c. A job that has no financial security but is consistent with your calling.
  - d. A job that is fun but low paying.
  
4. If you were a parent, how would you rank order your concerns for your children?
  - a. Becoming a good person.
  - b. Their happiness.
  - c. Fulfilling their highest calling.
  - d. Their future success.
  
5. Please rank order the kind of activities you would want to engage in that would give you the most satisfaction.
  - a. Pursuing your ideal or dream.
  - b. Helping others in need.
  - c. Improving yourself for future success.
  - d. Engaging in pleasurable activities.
  
6. Please rank order what kind of legacy you would want to leave behind.
  - a. A good person who helped many people.
  - b. A person who devoted their life for a noble cause.
  - c. A happy person who knew how to enjoy life.
  - d. A wealthy and successful person.
  
7. Please rank order what type of marital partner you would prefer.
  - a. Someone who takes the marriage vows seriously and is willing to make personal sacrifices to make the marriage work.
  - b. Someone who really loves me and makes me happy all the time.
  - c. Someone who can advance my financial or career prospects.
  - d. Someone whom I can love and care for.

### Scoring Key

Put the rank order of your choice in the corresponding field. For example, if (b) was ranked 3 for question 1, write “3” beside “b” in the field, PQ1. When you have gone through all the questions, add up the scores for each column.

	<b>P</b>	<b>S</b>	<b>M</b>	<b>V</b>
<b>Q1</b>	b	d	a	c
<b>Q2</b>	b	a	c	d
<b>Q3</b>	d	b	c	a
<b>Q4</b>	b	d	c	a
<b>Q5</b>	d	c	a	b
<b>Q6</b>	c	d	b	a
<b>Q7</b>	b	c	a	d
<b>Total</b>				

Identify your Life Orientation profile by beginning with the dimension with the lowest score. For example, if category “V” received the lowest score, followed by “P” as the second lowest, and “M” received the highest score, then your profile would be “VPSM”.

Your Life Orientation profile is: \_\_\_\_\_