

## The PURE Test

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Here is a simple test to determine the level of meaningfulness for any aspect of your life such as a relationship, commitment, project, engagement, action, or pursuit, etc. You can also apply this to your career or your life as a whole.

For the purposes of this exercise, please apply this test to a recent decision or commitment you have made. Please indicate what this is here: \_\_\_\_\_

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Now, for every question, please circle Yes or No for each question, keeping in mind that you are evaluating the specific event which you have just described.

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|--|-----|----|
| 1. Is your decision or commitment consistent with your overall life goal?                    | Yes | No |
| 2. Is it consistent with your core values?   | Yes | No |
| 3. Is it something you feel passionately about?  | Yes | No |
| 4. Are you primarily motivated by something greater than self-interest?                      | Yes | No |
| 5. Do you fully understand the consequences and implications of your decision or commitment? | Yes | No |
| 6. Is your decision or commitment consistent with your sense of self identity?               | Yes | No |
| 7. Do you understand your own motives behind it?   | Yes | No |
| 8. Do you know how you really feel about it?   | Yes | No |
| 9. Are you sure you are doing the right thing?   | Yes | No |
| 10. Are you willing to be held accountable for your decision?                                | Yes | No |
| 11. Can others depend on you to carry out your commitment?                                   | Yes | No |
| 12. Are you responding to what life demands of you?  | Yes | No |
| 13. Do you feel good about your decision or commitment?                                      | Yes | No |
| 14. Are you fully satisfied with the situation?  | Yes | No |
| 15. Do you think you will be happy with the consequences?                                    | Yes | No |
| 16. Given the opportunity, would you enjoy doing this again?                                 | Yes | No |