

Purpose in Life Test (PIL)
(Crumbaugh & Maholick, 1964)

Instructions: For each statement, circle the number that corresponds to what is most true for you right now.

1. I am usually:	1 bored	2	3	4	5 enthusiastic
2. Life to me seems:	1 completely routine	2	3	4	5 always exciting
3. In life, I have:	1 no goals or aims	2	3	4	5 clear goals and aims
4. My personal existence is:	1 utterly meaningless, without purpose	2	3	4	5 purposeful and meaningful
5. Every day is:	1 exactly the same	2	3	4	5 constantly new and different
6. If I could choose, I would:	1 prefer never to have been born	2	3	4	5 want 9 more lives just like this one
7. After retiring, I would:	1 loaf completely the rest of my life	2	3	4	5 do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1 made no progress whatever	2	3	4	5 progressed to complete fulfillment
9. My life is:	1 empty, filled only with despair	2	3	4	5 running over with exciting things
10. If I should die today, I'd feel that my life has been:	1 completely worthless	2	3	4	5 very worthwhile
11. In thinking of my life, I:	1 often wonder why I exist	2	3	4	5 always see reasons for being here
12. As I view the world in relation to my life, the world:	1 completely confuses me	2	3	4	5 fits meaningfully with my life
13. I am a:	1 very irresponsible person	2	3	4	5 very responsible person
14. Concerning freedom to choose, I believe humans are:	1 completely bound by limitations of heredity and environment	2	3	4	5 totally free to make all life choices
15. With regard to death, I am:	1 unprepared and frightened	2	3	4	5 prepared and unafraid
16. Regarding suicide, I have:	1 thought of it seriously as a way out	2	3	4	5 never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1 practically none	2	3	4	5 very great
18. My life is:	1 out of my hands and controlled by external factors	2	3	4	5 in my hands and I'm in control of it
19. Facing my daily tasks is:	1 a painful and boring experience	2	3	4	5 a source of pleasure and satisfaction
20. I have discovered:	1 no mission or purpose in life	2	3	4	5 a satisfying life purpose

Scoring: Add up all the scores you circled and write the total here _____.