# Purpose in Life Test (PIL) 

Name: $\qquad$ Date: $\qquad$

Instructions: Please read each statement and select the option that best reflects your agreement or disagreement with the statement. Use the following Likert scale to make your selections:

1 = Strongly Disagree, 2 = Disagree, 3 = Slightly Disagree, $4=$ Neutral, 5 = Slightly Agree, $6=$ Agree, 7 = Strongly Agree

| No. | Statement | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | I feel good when I think of what I've done and what I hope to do. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2 | My life has a clear sense of purpose. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3 | I have a clear goal or direction in life. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4 | I believe there is a purpose to my life that I am working to fulfill. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 5 | I find my life genuinely satisfying and meaningful. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 6 | I have discovered a satisfying life purpose. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7 | I have no reason to live. (R) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 8 | I am enthusiastic about my future. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 9 | My life lacks purpose or direction. (R) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 10 | I feel a sense of mission about what I am set to achieve in life. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 11 | My life is empty and meaningless. (R) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| 12 | Every day is a new opportunity to fulfill my purpose. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13 | I feel a great sense of joy and fulfillment in my life. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 14 | I am excited about what lies ahead for me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 15 | I feel disconnected from my life's purpose. (R) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 16 | I don't care about my future. (R) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 17 | I find a deep sense of fulfillment in my personal relationships. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 18 | I have goals that are important to me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 19 | I don't understand my life's purpose. (R) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 20 | I feel that I contribute positively to the lives of people around me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Scor |  |  |  |  |  |  |  |  |

Total Score: $\qquad$

## Scoring Interpretation:

After completing the test, each item's score is added to get a total score. The potential range of scores for this 20 -item test is 20 (lowest possible score) to 140 (highest possible score).

The items marked with (R) are reverse-scored, meaning if you rated it as 7 (Strongly Agree), it would be scored as 1 ; if you rated it as 6 (Agree), it would be scored as 2 , and so on.

Here's a very general interpretation guide:
20-69: Low sense of purpose. This range might suggest that you currently feel disconnected from a clear sense of purpose in life. You may be feeling unsure about your future direction and goals. It might be beneficial to seek support in exploring this area of your life, such as talking to a mentor, coach, or mental health professional.

70-109: Moderate sense of purpose. This range suggests you have some sense of purpose, but it might not be clear or satisfying to you. You may be in a process of exploration, seeking more clarity, or striving to connect more deeply with a sense of purpose in your life.

110-140: High sense of purpose. This range suggests you have a strong sense of purpose in your life. You likely feel connected to meaningful goals and a clear direction for your future.

Remember, always consult a professional. Actual interpretations of professionally developed assessments would be based on more rigorous statistical analyses and norms. It's important to consult with a trained mental health professional or counselor for a comprehensive understanding of your results from any psychological test.

