Meaning and Purpose – Short Form 8a

Please respond to each question or statement by marking one box per row.

Thinking about my life…

		Not at all	A little bit	Somewhat	Quite a bit	Very much
SWB_FO_024R1	I feel hopeful about my future.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_038R1	I can reach my goals in life	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_045R1	My life is filled with meaning.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_047R1	My life has purpose.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_052R1	I have a reason for living.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_037R1	I know where I am going in life.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_025R1	I am positive about my future	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_FO_010R1	I expect to enjoy my future life.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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