

Meaning in Life Questionnaire

MLQ Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

Absolutely Untrue 1	Mostly Untrue 2	Somewhat Untrue 3	Can't Say True or False 4	Somewhat True 5	Mostly True 6	Absolutely True 7
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1. _____ I understand my life's meaning.
2. _____ I am looking for something that makes my life feel meaningful.
3. _____ I am always looking to find my life's purpose.
4. _____ My life has a clear sense of purpose.
5. _____ I have a good sense of what makes my life meaningful.
6. _____ I have discovered a satisfying life purpose.
7. _____ I am always searching for something that makes my life feel significant.
8. _____ I am seeking a purpose or mission for my life.
9. _____ My life has no clear purpose.
10. _____ I am searching for meaning in my life.

Scoring

- To determine the **current level of meaning in your life**, calculate your average score for questions 1, 4, 5, 6, and 9. For item 9, reverse your score first (so a 1 is switched to a 7, a 2 is switched to a 6, and so on).
- To determine the **degree to which you are searching for meaning in your life**, calculate your average score for questions 2, 3, 7, 8, and 10.
- For each subscale, a score of 7 indicates the highest possible level of meaning, and a score of 1 indicates the lowest possible level.

Reference: Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology, 53*, 80–93.

Link: <http://www.michaelfsteger.com/wp-content/uploads/2012/08/MLQ.pdf>