

Meaning in Life Questionnaire

Name: _____ Date of birth: _____

This 10-item questionnaire is a self-reported assessment tool that evaluates how an individual perceives and pursues a meaningful life.

Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. Please remember that these are subjective questions with no right or wrong answer, it is important to answer them truthfully and accurately.

There are seven possible responses to each of the items in the questionnaire:

1 = Absolutely untrue; **2** = Mostly untrue; **3** = Somewhat untrue; **4** = Can't say true or false;
5 = Somewhat true; **6** = Mostly true; **7** = Absolutely true

Item	1	2	3	4	5	6	7
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.							

Subscale	Items
Presence of Meaning in Life	1, 4, 5, 6, 9
Search for Meaning in Life	2, 3, 7, 8, 10

Scoring

- **Presence of Meaning in Life subscale:** subtract the rating from item 9 from item 8, then add to the ratings 1, 4, 5 and 6.
- **Search for Meaning in Life subscale:** add together the ratings for items 2, 3, 7, 8, and 10.

Please note that the Presence of Meaning in Life subscale items are all reverse-coded.

Subscale	Presence of Meaning in Life	Search for Meaning in Life
Subscale score		
Total score		

Interpretation

Interpreting the MLQ is based on a number of studies that makes probabilistic guesses about the respondents life. These are not definitive and hence cannot determine a diagnosis.

A higher total score on the Presence of Meaning subscale indicates that the individual perceives their life as meaningful, with a strong sense of purpose and significance. A higher total score on the Search for Meaning subscale suggests that the individual is actively exploring or striving to understand the existential meaning or purpose in their life.

- Higher scores on both scales: The individual feels their life has meaning and is actively seeking to deepen or refine that meaning.
- High Presence, low Search: The person feels their life is meaningful and is not currently seeking additional meaning.
- Low Presence, high Search: The person lacks meaning but is motivated to search for it.
- Lower scores on both subscales: The person may lack a sense of meaning and is not actively seeking it.

Interpretation