

Life Engagement Test (LET)¹

Administrator Copy²

Instructions for Client: Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

1 = strongly disagree

2 = disagree

3 = neutral

4 = agree

5 = strongly agree.

Be as honest as you can throughout, and try not to let your response to one question influence your response to other questions. There are no right or wrong answers.

1. There is not enough purpose in my life.
2. To me, the things I do are all worthwhile.
3. Most of what I do seems trivial and unimportant to me.
4. I value my activities a lot.
5. I don't care very much about the things I do.
6. I have lots of reasons for living.

¹ Authors of Tool: Scheier, M. F., Wrosch, C., Baum, A., Cohen, S., Martire, L. M., Matthews, K. A., Schulz, R., & Zdzienicka, B.

² **Scale Format, Instructions for Administration, and Scoring**

The LET consists of six items (see Table I), three items framed in a positive direction (Items 2, 4, and 6) and three items framed in a negative direction (Items 1, 3, and 5).

The LET is scored in two steps. First, Items 1, 3, and 5 are reverse coded (5=1, 4=2, 3=3, 2=4, and 1 = 5). Second, the six items are summed.