

Instrument name	Description	Sample question
<i>Survey measures of the motivation to find purpose</i>		
Seeking of Noetic Goals (SONG; Crumbaugh 1977)	20 statements rated on a 7-point Likert response format; unidimensional scale of the motivation to find purpose	“I feel that some element which I cannot quite define is missing from my life”—(1) <i>never</i> —(7) <i>constantly</i>
<i>Survey measures of purpose and the motivation to find purpose</i>		
Daily Meaning Scale (DMS; Steger et al. 2008)	10 items, 7-point Likert response format; 2 subscales, Presence of meaning (5 items) and Searching for meaning (5 items)	“Right now, how meaningful does your life feel?”—(1) <i>not at all</i> —(7) <i>absolutely</i>
Life Attitude Profile—Revised (LAP-R; Reker and Peacock 1981; Reker 1992)	48 items, 7-point Likert response format; yields six dimension and two composite scores	“My past achievements have given my life meaning and purpose”—(1) <i>strongly disagree</i> —(7) <i>strongly agree</i>
Life Regard Index (LRI; Battista and Almond 1973; Debats et al. 1995)	28 items with two subscales; Framework subscale measures existence of life goals and Fulfillment subscale measures progress toward life goals	“I have a clear idea of what I’d like to do with my life”— <i>I disagree, I have no opinion, I agree</i>
Meaningful Life Measure (MLM; Morgan and Farsides 2009)	23 item measure composed of items from the LRI, PIL, and Ryff’s Psychological Well-being Purpose subscale	“I have a clear idea of what my future goals and aims are”—(1) <i>strongly disagree</i> —(7) <i>strongly agree</i>
Meaning in Life Questionnaire (MLQ; Steger et al. 2006)	10 items, 7-point Likert response format; 2 subscales, Presence of meaning (5 items) and Searching for meaning (5 items)	“I understand my life’s meaning”—(1) <i>absolutely untrue</i> —(7) <i>absolutely true</i>
Revised Youth Purpose Survey (Bundick et al. 2006)	20 items, 7-point Likert response format; 2 subscales, Identified purpose (15 items) and Searching purpose (5 items)	“My life has a clear sense of purpose” (identified), “I am always looking to find my life’s purpose” (searching)—(1) <i>strongly disagree</i> to (7) <i>strongly agree</i>