

The Life Engagement Test (LET)

Instructions and Items:

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.

Scoring:

1. Reverse code items 1, 3, and 5 prior to scoring.
2. Sum items six items together to obtain an overall score.

Citation: Scheier, M. F., Wrosch, C., Baum, A., Cohen, S., Martire, L. M., Matthews, K. A., Schulz, R., & Zdaniuk, B. (2006). The Life Engagement Test: Assessing purpose in life. *Journal of Behavioral Medicine*, 29, 291-298.