

## Meaning in Life Evaluation Scale

Here are twenty values to rate:

1. Wealth \_\_\_\_\_
2. Lasting friendships \_\_\_\_\_
3. Physical sex \_\_\_\_\_
4. A good name (high character) \_\_\_\_\_
5. To be remembered favorably after death \_\_\_\_\_
6. To gain intimacy \_\_\_\_\_
7. To be a great leader of people \_\_\_\_\_
8. Health \_\_\_\_\_
9. To have power \_\_\_\_\_
10. To be of great service to people \_\_\_\_\_
11. To be famous \_\_\_\_\_
12. To be physically powerful (males) or beautiful (females)  
\_\_\_\_\_
13. To be an intellectual \_\_\_\_\_
14. To find adventure and new experience \_\_\_\_\_
15. To be happy \_\_\_\_\_
16. To understand the meaning of life \_\_\_\_\_
17. To fulfill spiritual goals \_\_\_\_\_
18. To have peace of mind \_\_\_\_\_
19. To gain social acceptance and belonging \_\_\_\_\_
20. To gain a personal identity \_\_\_\_\_

Source: Henrion, Rosemary (revised, 1992), Crumbaugh, James C.,  
Logotherapy: New Help for Problem Drinkers, 1980,  
Chicago: Nelson-Hall Publishers, pp 105-108.