The Life Orientation Scale (LOS)

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Please indicate how much you agree or disagree with each of the following statements by circling a number on the 5-point scale that best corresponds to your personal belief and attitude.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Undecided</td>
<td>Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

1. I can find something meaningful or significant in everyday events.
2. There is a reason for everything that happens to me.
3. There is no ultimate meaning and purpose in life.
4. There is no point in searching for meaning in life.
5. No matter how painful the situation, life is still worth living.
6. The meaning of life is to “eat, drink and be happy”.
7. What really matters is to pursue a higher purpose or calling regardless of personal costs.
8. I would rather be a happy pig than a sad saint.
9. I am willing to sacrifice personal interests for the greater good.
10. Personal happiness and success are more important to me than achieving inner goodness or moral excellence.

1 2 3 4 5
Scoring Key for Life Orientation Scale (LOS)

Items 3, 4, 6, 8, 10 are worded in the negative direction. For these items, please reverse the score such that 1 becomes 5, 2 becomes 4, etc.

An average score above 3 reflects endorsement of a meaning mindset. The higher the total score is, the greater the meaning mindset.