## **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.

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

## **Life Orientation Scale: Scoring Key**

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.

**Reference:** Wong, P. T. P. (2012). What is the meaning mindset? International Journal of Existential Psychology and Psychotherapy, 4(1), 1-3.