

PURE Test

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Here is a simple test to determine the level of meaningfulness for any aspect of your life such as a relationship, commitment, project, engagement, action, or pursuit, etc. You can also apply this to your career or your life as a whole.

For the purposes of this exercise, please apply this test to a recent decision or commitment you have made. Please indicate what this is here: _____.

Now, for every question, please circle Yes or No for each question, keeping in mind that you are evaluating the specific event which you have just described.

1. Is your decision or commitment consistent with your overall life goal? Yes No
2. Is it consistent with your core values? Yes No
3. Is it something you feel passionately about? Yes No
4. Are you primarily motivated by something greater than self-interest? Yes No
5. Do you fully understand the consequences and implications of your decision or commitment? Yes No
6. Is your decision or commitment consistent with your sense of self identity? Yes No
7. Do you understand your own motives behind it? Yes No
8. Do you know how you really feel about it? Yes No
9. Are you sure you are doing the right thing? Yes No
10. Are you willing to be held accountable for your decision? Yes No
11. Can others depend on you to carry out your commitment? Yes No
12. Are you responding to what life demands of you? Yes No
13. Do you feel good about your decision or commitment? Yes No
14. Are you fully satisfied with the situation? Yes No
15. Do you think you will be happy with the consequences? Yes No
16. Given the opportunity, would you enjoy doing this again? Yes No