

## Personal Meaning Profile (PMP)

© Paul T. P. Wong, 1998

This questionnaire measures people's perception of personal meaning in their lives. Generally, a meaningful life involves a sense of purpose and personal significance. However, people often differ in what they value most, and they have different ideas as to what would make life worth living. The following statements describe potential sources of meaningful life. Please read each statement carefully and indicate to what extent each item characterizes your own life. You may respond by circling the appropriate number according to the following scale:

1	2	3	4	5	6	7
Not at All			Moderately			A Great Deal

For example, if going to parties does not contribute to your sense of personal meaning, you may circle 1 or 2. If taking part in volunteer work contributes quite a bit to the meaning in your life, you may circle 5 or 6. It is important that you answer honestly on the basis of your own experience and beliefs.

- |     |  |   |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|---|
| 1.  | I have a good family life  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2.  | I believe I can make a difference in the world.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3.  | I am at peace with God.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4.  | I have learned that setbacks and disappointments are an inevitable part of life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5.  | I believe that life has an ultimate purpose and meaning.                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6.  | I engage in creative work.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7.  | I am successful in achieving my aspirations.                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8.  | I pursue worthwhile objectives.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9.  | I strive to achieve my goals.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | I care about other people.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | I have someone to share intimate feelings with.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | I believe in the value of my pursuits.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

- |     |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|
| 13. | I seek to actualize my potentials.                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | I have found that there is rough justice in this world.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | I strive to make this world a better place.               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | I am at peace with myself.                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. | I have confidants to give me emotional support.           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | I relate well to others.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. | I have a sense of mission or calling.                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. | I seek to do God's will.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. | I like challenge.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. | I believe that human life is governed by moral laws.      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. | It is important to dedicate my life to a cause.           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. | I take initiative.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 25. | I am able to make full use of my abilities.               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. | I strive to do my best in whatever I am doing.            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. | I have a number of good friends.                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28. | I am trusted by others.                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29. | I am committed to my work.                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30. | I have a purpose and direction in life.                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 31. | I seek higher values-values that transcend self-interest. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32. | I am highly regarded by others.                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 33. | I seek to glorify God.                                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 34. | I am enthusiastic about what I do.                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 35. | Life has treated me fairly.                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 36. | I accept my limitations.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 37. | I am at peace with my past.                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

- |     |  |   |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|---|
| 38. | I have a mutually satisfying loving relationship.              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 39. | I have a sense of coherence and continuity in my life.         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 40. | I do not give up when I encounter setbacks or obstacles.       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 41. | I am altruistic and helpful.                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 42. | I am liked by others.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 43. | I have found someone I love deeply.                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 44. | I strive toward personal growth.                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 45. | I bring happiness to others.                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 46. | I accept what cannot be changed.                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 47. | I am persistent and resourceful in attaining my goals.         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 48. | I value my work.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 49. | I make a significant contribution to society.                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 50. | I contribute to the well-being of others.                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 51. | I believe in afterlife.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 52. | I believe that one can have a personal relationship with God.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 53. | I attempt to leave behind a good and lasting legacy.           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 54. | I believe that there is order and purpose in the universe.     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 55. | I am treated fairly by others.                                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 56. | I have received my fair share of opportunities and rewards.    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 57. | I have learned to live with suffering and make the best of it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

## Personal Meaning Profile: Scoring Key

No items are reversed; scores calculated as means of items.

Achievement (ACH - 16 items): 6, 7, 8, 9, 12, 13, 21, 24, 25, 26, 29, 34, 40, 44, 47, 48

Relationship (RLT - 9 items): 10, 18, 27, 28, 32, 41, 42, 45, 50

Religion (RLG - 9 items): 3, 5, 19, 20, 22, 33, 51, 52, 54

Self-transcendence (ST - 8 items): 2, 15, 23, 30, 31, 39, 49, 53

Self-acceptance (SA - 6 items): 4, 16, 36, 37, 46, 57

Intimacy (INT - 5 items): 1, 11, 17, 38, 43

Fair treatment or perceived justice (FT - 4 items, or drop #14 for 3 items): 14, 35, 55, 56

### Total Score:

1. Calculate the subscale scores as the mean of all items in that subscale.
2. Sum all the subscale scores and divide by 7.
3. This provides the total score equally weighted by all subscales allows direct comparison of the relative strength of the level each source of meaning for respondents.

---

**Reference:** Wong, P. T. P. (1998). [Implicit theories of meaningful life and the development of the Personal Meaning Profile \(PMP\)](#). In P. T. P. Wong & P. Fry (Eds.), *The human quest for meaning: A handbook of psychological research and clinical applications* (pp. 111-140). Mahwah, NJ: Erlbaum. (Appendix C)