

SMiLE

Schedule for Meaning in Life Evaluation

The search for **meaning in life** is important for most people. This question comes up in different phases of life, including both happy and unhappy situations.

In the following section we would ask you to nominate those areas of life which in your opinion **give meaning to your life**. These areas can be characterised as those which give you "grounding" in life, and give importance to your life. In short, things "worth living for".

These **areas** obviously differ from person to person. Therefore, there are no "correct" or "wrong" answers to this question. The best way to answer is to be as truthful as possible and to think exactly about your individual areas. Refer to your present situation.

Please first nominate areas which give meaning to your life, regardless of how satisfied or unsatisfied you are with these areas at the moment. The number and order of your answers is not important.

Area 1: _____

Area 2: _____

Area 3: _____

Area 4: _____

Area 5: _____

Area 6: _____

Area 7: _____

Please make sure that the order of the areas in the following is identical with the numbers on the previous page. Please rate every nominated area. Refer to your present situation.

Please rate how **satisfied or unsatisfied** you are with each nominated area. That is, how much - positively or negatively - the area affects your total meaning in life.

How satisfied are you with ...	Very unsatisfied		In between			Very satisfied	
Area 1	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)
Area 2	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)
Area 3	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)
Area 4	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)
Area 5	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)
Area 6	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)
Area 7	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)

Please rate how **important** each area is for your total meaning in life. Try to distinguish between the areas as best possible by considering all numbers.

How important is ...	Not important		Important			Very important	Extremely important
Area 1	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)
Area 2	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)
Area 3	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)
Area 4	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)
Area 5	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)
Area 6	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)
Area 7	(0)	(1)	(2)	(3)	(4)	(5)	(6) (7)