

Claremont Purpose Scale

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Meaningfulness

1. How clear is your sense of purpose in your life? (*Not at all clear, a little bit clear, somewhat clear, quite clear, extremely clear*)
2. How well do you understand what gives your life meaning? (*do not understand at all, understand a little bit, understand somewhat, understand quite well, understand extremely well*)
3. How confident are you that you have discovered a satisfying purpose for your life? (*Not at all confident, slightly confident, somewhat confident, quite confident, extremely confident*)
4. How clearly do you understand what it is that makes your life feel worthwhile? (*Not at all clearly, a little bit clearly, somewhat clearly, quite clearly, extremely clearly*)

Goal Orientation

5. How hard are you working to make your long term aims of reality? (*Not at all hard, slightly hard, somewhat hard, quite hard, extremely hard*)
6. How much effort are you putting into making your goals a reality? (*Almost no effort, a little bit of effort, some effort, quite a bit of effort, a tremendous amount of effort*)
7. How engaged are you in carrying out the plans that you set for yourself? (*Not at all engaged, slightly engaged, somewhat engaged, quite engaged, extremely engaged*)
8. What portion of your daily activities move you closer to your long term aims? (*None of my daily activities, a few of my daily activities, some of my daily activities, most of my daily activities, all of my daily activities*)

Beyond-the-self dimension

9. How often do you hope to leave the world better than you found it? (*Almost never, once in a while, sometimes, frequently, almost all the time*)
10. How often do you find yourself hoping that you will make a meaningful contribution to the broader world? (*Almost never, once in a while, sometimes, frequently, almost all the time*)
11. How important is it for you to make the world a better place in some way? (*Not at all important, slightly important, somewhat important, quite important, extremely important*)
12. How often do you hope that the work you do positively influences others? (*Almost never, once in a while, sometimes, frequently, almost all the time*)