PIL

Purpose in Life Test (PIL)

The Purpose in Life Test (PIL) is a self-report questionnaire that measures an individual's perception of the meaning and purpose of their life, based on Viktor Frankl's existential model. It explores a person's ability to give meaning to their life, which is a key indicator of psychological well-being and resilience.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Purpose in Life Test
Target audience	Adults
Authors	James Crumbaugh, Leonard Maholick (1964)
Category	General

Preview of the 20 questions

I am usually:

1 - completely bored | 2 | 3 | 4 - neutral | 5 | 6 | 7 - exuberant, enthusiastic

Life to me seems:

7 - always exciting | 6 | 5 | 4 - neutral | 3 | 2 | 1 - completely routine

In life I have:

1 - no goals or aims at all | 2 | 3 | 4 - neutral | 5 | 6 | 7 - very clear goals and aims

My personal existence is:

1 - utterly meaningless, without purpose | 2 | 3 | 4 - neutral | 5 | 6 | 7 - very purposeful and meaningful

Every day is:

7 - constantly new and different | 6 | 5 | 4 - neutral | 3 | 2 | 1 - exactly the same

Scoring & interpretation

Each item is rated on a 7-point Likert scale. The scores are summed to give an overall total (range: 20 to 140). A high score indicates a clear perception of meaning in life, whereas a low score suggests a lack of purpose or existential direction.