

## Life Orientation Scale (LOS)

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Please indicate how much you agree or disagree with each of the following statements by circling a number on the 5-point scale that best corresponds to your personal belief and attitude.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	Strong Disagree	Disagree	Undecided	Agree	Strongly Agree
1.					1 2 3 4 5
2.					1 2 3 4 5
3.					1 2 3 4 5
4.					1 2 3 4 5
5.					1 2 3 4 5
6.					1 2 3 4 5
7.					1 2 3 4 5
8.					
9.					1 2 3 4 5
10.					1 2 3 4 5

## Life Orientation Scale: Scoring Key

Items 3, 4, 6, 8, 10 are worded in the negative direction. For these items, please reverse the score such that 1 becomes 5, 2 becomes 4, etc.

An average score above 3 reflects endorsement of a meaning mindset. The higher the total score is, the greater the meaning mindset.

**Reference:** Wong, P. T. P. (2012). [What is the meaning mindset?](#) *International Journal of Existential Psychology and Psychotherapy*, 4(1), 1-3.