

Meaningful Living Self-Assessment Scale (MLSAS)

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Here are a few self-reflection questions to assess the Meaningful Living Project. Since we began this journey together, many changes must have happened in your personal life—some good, and some not so good. The most important question is: What changes have taken place in you? Has there been any positive change in you?

On a scale of 1 to 10, how would you rate the following questions? Please write the number on each line. A score of 1 means “Not at All,” whereas 10 means “Definitely.”

1. Has your life become more meaningful since participating in the project? _____
2. Are you feeling tired and unhappy because of all the unpleasant things that have happened to you? If so, have you learned something that makes you a better and stronger person? _____
3. Do you have a philosophy of life that enables you to live with passion and zest in spite of the disappointment and pain? _____
4. Do you have a better understanding about your calling or mission? _____
5. Have you gained a deeper understanding of yourself, including your weaknesses and dark side? _____
6. Have you discovered your strengths and potentials? _____
7. Have you learned how to relate to others in an honest and empathetic manner? _____
8. Do you have a stronger sense of justice and compassion towards others? _____
9. Have you developed more courage to confront the problems facing you rather than resorting to denial and avoidance? _____
10. Do you have a stronger determination to take control of your own life and create your own future? _____
11. Have you achieved a greater sense of responsibility to make life better for yourself and others? _____
12. Are you committed to enroll in Part 2 of the Meaningful Living Project? _____

