

**QUIZZES**

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## Purpose in Life Quiz Results

Your purpose score is **52 out of 70**, indicating a high level of purpose.

Purpose is an abiding intention to achieve a long-term goal that is both personally meaningful and makes a positive mark on the world. The goals that foster a sense of purpose are ones that can potentially change the lives of other people, like supporting your company's mission, creating art, or teaching kids to read.

Your score suggests that you have a purpose that shapes the smaller decisions in your life and imbues it with meaning. Patrick Hill and his Washington University colleagues have found important advantages for more purposeful adults, including better cognitive functioning and even longer lives. They're more likely to floss their teeth, exercise, and get to the doctor. Having a purpose also seems to be associated with lower stress levels, overall, which contributes to better health.

If you would like to strengthen your already-strong sense of purpose, here are some suggestions:

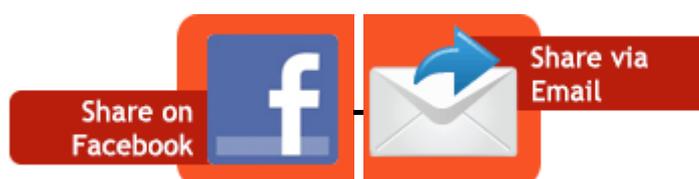
- **Discuss your purpose with others:** Talk with a trusted friend, colleague, or mentor about your experiences finding your path to purpose. Discuss where you were in your life when you first formed your purpose, compared to where you are now. You can try to answer questions like these: What's most important to me in my life right now? What do you think I'm particularly good at? What are my greatest strengths? When do you think I'm most engaged? How do you think

I'll leave my mark on the world? This exercise is based on a practice from Greater Good in Action, Talk with Teens About Purpose—but it applies to adults, as well!

- **Best Possible Self:** Imagine yourself at some future age—like 10 or 20 years down the road—and think about what your life would be like if everything went as well as possible. Then ask yourself these questions about your future self: What are you doing? What is important to you? What do you really care about, and why? Focusing on an ideal self can increase your optimism for the future, which researchers believe is tied to purpose.
- **Clarify your values:** If it's hard to figure out what matters most to you, reflecting on your values can help. Three values surveys—the Valued Living Questionnaire, the Portrait Values Questionnaire, and the Personal Values Questionnaire—ask you to rank the importance of different values, something that can help you get clearer about your purpose.
- **Cultivate positive emotions:** Positive emotions help us to broaden our outlook on the world and feel energized to take action for the greater good; so they can be useful for finding purpose. Gratitude and awe, in particular, help us care about others, build relationships, and feel connected to something greater than ourselves, which is why they're tied to fostering purpose. You can visit our website, Greater Good in Action, to find exercises that will help bolster your sense of purpose—and make you happier, too.

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### Embed This Quiz on Your Web Site

Copy this HTML code and paste it into your Web page wherever you would like the quiz to appear. Be sure to include the script tag -- it allows the quiz to resize to fit the space properly.

```
<iframe src="https://greatergood.berkeley.edu/quizzes/embed/purpose_in_life"
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src="https://greatergood.berkeley.edu/quizzes/embedjs"></script>
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