

## APPROACH TO LIFE INVENTORY (ATLI)

Name:

Date:

The following questions look at your approach to life. For each statement, write a number in the box according to how strongly you agree or disagree with the statement as it applies to your approach to life.

3	Agree Strongly
2	Agree Moderately
1	Agree Slightly
-1	Disagree Slightly
-2	Disagree Moderately
-3	Disagree Strongly

- |    |                      |  |
|----|----------------------|--|
| 18 | <input type="text"/> | I have a strong sense of purpose in my life.                                   |
| 19 | <input type="text"/> | I am a cooperative person.   |
| 20 | <input type="text"/> | I have a close relationship to a Higher Power.                                 |
| 21 | <input type="text"/> | I get along well with friends and family.                                      |
| 22 | <input type="text"/> | I like my body.  |
| 23 | <input type="text"/> | I can make decisions easily and confidently.                                   |
| 24 | <input type="text"/> | My thoughts are always under my control.                                       |
| 25 | <input type="text"/> | I am basically a happy person.   |
| 26 | <input type="text"/> | Life is fun.   |
| 27 | <input type="text"/> | I feel as if I am drifting through life, like a ship without a rudder.         |
| 28 | <input type="text"/> | I rarely go outside myself to do something for someone else.                   |
| 29 | <input type="text"/> | I pray or meditate often.  |
| 30 | <input type="text"/> | I am seldom lonely.  |
| 31 | <input type="text"/> | I am a good person.  |
| 32 | <input type="text"/> | When I make plans, I can almost always make them happen.                       |
| 33 | <input type="text"/> | I worry or obsess a lot.   |
| 34 | <input type="text"/> | I sometimes express my anger inappropriately.                                  |
| 35 | <input type="text"/> | I have hobbies or recreational activities which are enjoyable.                 |
| 36 | <input type="text"/> | The spiritual, mental and physical aspects of my life are well coordinated.    |
| 37 | <input type="text"/> | I am gentle and kind to others.  |
| 38 | <input type="text"/> | I experience a powerful spiritual force or presence that is very uplifting.    |
| 39 | <input type="text"/> | There are some people whom I just can't stand.                                 |
| 40 | <input type="text"/> | I am sometimes neglectful of my body.  |
| 41 | <input type="text"/> | To a great extent, my life is controlled by others.                            |
| 42 | <input type="text"/> | I have a helpful, hopeful attitude toward myself, others, and life in general. |
| 43 | <input type="text"/> | I am often sad.  |
| 44 | <input type="text"/> | I exercise on a regular basis.   |
| 45 | <input type="text"/> | I do not have a clear sense of my ideal or purpose in life.                    |

- 46  I am helpful to others.
- 47  I do not feel the presence of a Higher Power in my life.
- 48  There are plenty of people in my life to support me when I am having difficulties.
- 49  I feel like a failure.
- 50  My choices are influenced by a Higher Power.
- 51  I am a positive thinker.
- 52  I do not hold resentments even when I feel that I have been mistreated.
- 53  I like to play.
- 54  I know what I believe.
- 55  I am impatient.
- 56  I do regular volunteer service which I enjoy very much.
- 57  I believe in a divine energy within my body that can heal any illness.
- 58  My relationship with a Higher Power contributes to my sense of well-being.
- 59  I often feel that people just don't like me.
- 60  Being friendly to others is the best way to make and keep friends.
- 61  I enjoy my own company.
- 62  To a great extent my life is controlled by other people.
- 63  I sometimes feel as if I am being punished for something but don't know why.
- 64  Thoughts are real things, my beliefs create my reality.
- 65  My health or illness is largely dependent upon the choices I make.
- 66  I sometimes have strong emotions which I do not understand.
- 67  I am seldom anxious or depressed.
- 68  I rarely find time to exercise or play.
- 69  I am a creative person.
- 70  My daily life is boring and unfulfilling.
- 71  I am productive.
- 72  The work I do is meaningful and fulfilling.
- 73  I feel that I am fulfilling my soul's purpose for being alive.