|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Very Untrue (1)** | **(2)** | **(3)** | **(4)** | **(5)** | **(6)** | **Very True (7)** |
| **1.**  Many opportunities await me in the future. | □ | □ | □ | □ | □ | □ | □ |
| **2.**  I expect that I will set many new goals in the future. | □ | □ | □ | □ | □ | □ | □ |
| **3.**  My future is filled with possibilities.  | □ | □ | □ | □ | □ | □ | □ |
| **4.** Most of my life lies ahead of me. | □ | □ | □ | □ | □ | □ | □ |
| **5.**  My future seems infinite to me. | □ | □ | □ | □ | □ | □ | □ |
| **6.**  I could do anything I want in the future. | □ | □ | □ | □ | □ | □ | □ |
| **7.**  There is plenty of time left in my life to make new plans. | □ | □ | □ | □ | □ | □ | □ |
| **8.** I have the sense that time is running out. | □ | □ | □ | □ | □ | □ | □ |
| **9.** There are only limited possibilities in my future. | □ | □ | □ | □ | □ | □ | □ |
| **10.**  As I get older, I begin to experience time as limited. | □ | □ | □ | □ | □ | □ | □ |