Read each item and answer the questions: “How true is this of you?”
Shade the oval under the appropriate number on the scale, where **1** means the statement is **very untrue** for you and **7** means that the statement is **very true** for you.

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