(156) Future Time Perspective Scale

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|  | Read each item and, as honestly as you can, answer the question: “How true is this of you?” Please circle the appropriate number using the scale below. | Very Untrue | Untrue | A Little Untrue | Neither True nor Untrue | A Little True | True | Very True |
| 1. | Many opportunities await me in the future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | I expect that I will set many new goals in the future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | My future is filled with possibilities. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | Most of my life lies ahead of me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | My future seems infinite to me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | I could do anything I want in the future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. | There is plenty of time left in my life to make new plans. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. | I have the sense time is running out. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. | There are only limited possibilities in my future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | As I get older, I begin to experience time as limited. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |