

In order to indicate your agreement with the items, please use the following scale:

1 Very untrue	2	3	4	5	6	7 Very true
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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.	

Coding instructions:

Recode items 8, 9 and 10.

References:

Carstensen, L. L. & Lang, F. R. (1996). Future Time Perspective Scale. Unpublished manuscript. Stanford University.

Lang, F. R. & Carstensen, L. L. (2002). Time counts: Future time perspective, goals, and social relationships. Psychology and Aging, *17*, 125 - 139.