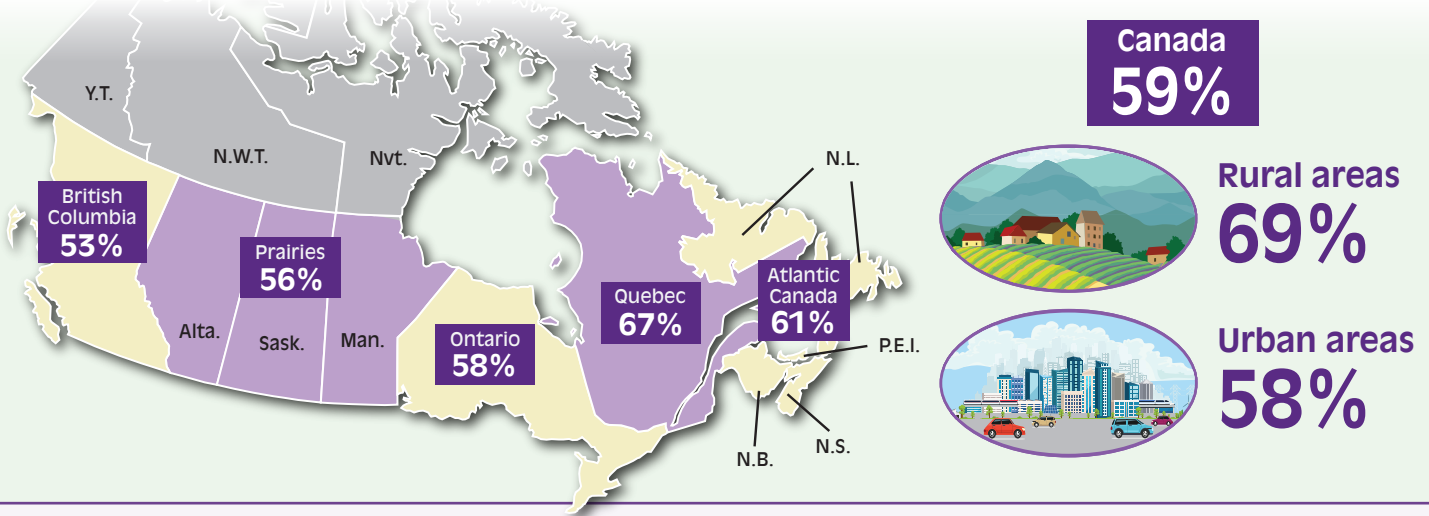


# Sense of meaning and purpose in Canada

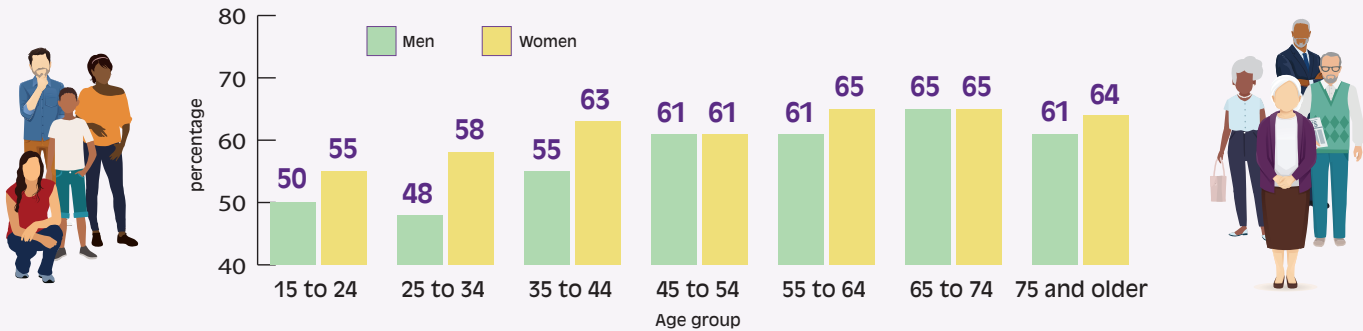


The Quality of Life Framework for Canada includes indicators such as sense of meaning and purpose, life satisfaction, self-rated health and self-rated mental health. Using data from Wave 3 of the Canadian Social Survey, this infographic looks at a strong sense of meaning and purpose<sup>1</sup> among the population aged 15 years and older in Canada's 10 provinces.

**6 in 10** people in Canada have a strong sense of meaning and purpose.

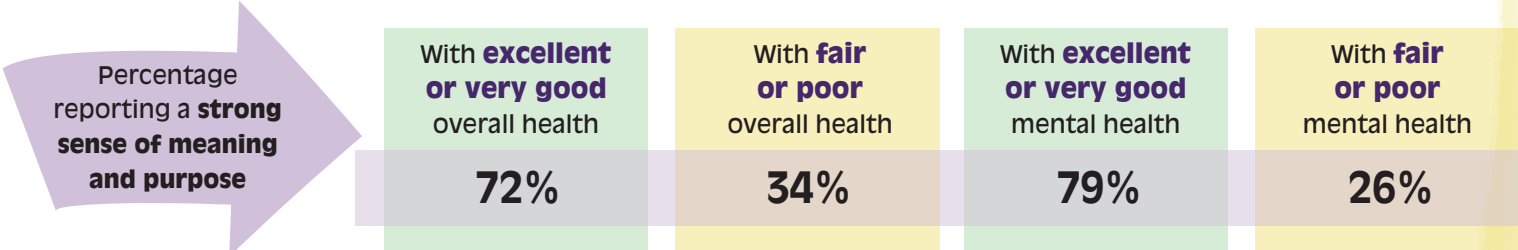


Having a strong sense of meaning and purpose generally increases with age.



The difference between men and women is statistically significant for the 25-to-34 and 35-to-44 age groups.

**Fewer than 3 in 10** people in Canada with fair or poor mental health reported a strong sense of meaning and purpose.



A sense of meaning and purpose and overall life satisfaction are central to having a good quality of life



1. For the purposes of this infographic, respondents are said to have a strong sense of meaning and purpose if they answered 8, 9 or 10 to the question "Using a scale of 0 to 10, where 0 means 'Not at all' and 10 means 'Completely,' to what extent do you feel the things you do in your life are worthwhile?"

2. For the purposes of this infographic, respondents are said to have high life satisfaction if they answered 8, 9 or 10 to the question "Using a scale of 0 to 10, where 0 means 'Very dissatisfied' and 10 means 'Very satisfied,' how do you feel about your life as a whole right now?"

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Industry, 2022

Catalogue number: 11-627-M | ISBN: 978-0-660-42204-6

Source: Canadian Social Survey, Wave 3, October to December 2021.