

THE FLOURISHING SCALE

The Flourishing Scale assesses a person's self-perceived success in important areas such as engagement, relationships, self-esteem, meaning & purpose, and optimism. The scale provides a single psychological well-being (PWB) score and a high score represents a person with many psychological resources and strengths.

The scale is copyrighted, but permission to use scale is granted as long as you give credit to the authors of the scale.

INSTRUCTIONS FOR SCORING

Sum up your scores for all 8 items.

INTERPRETATION OF SCORES

A high score represents a person with many psychological resources and strengths.

KEY REFERENCE

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266.

TIME TAKEN TO COMPLETE

2 minutes

THE FLOURISHING SCALE

Below are eight statements with which you may agree or disagree. Using the 1- 7 scale provided, indicate your agreement with each statement by choosing the appropriate score.

- 7 = Strongly Agree
- 6 = Agree
- 5 = Slightly Agree
- 4 = Neither Agree nor Disagree
- 3 = Slightly Disagree
- 2 = Disagree
- 1 = Strongly Disagree

- _____ I lead a purposeful and meaningful life.
- _____ My social relationships are supportive and rewarding.
- _____ I am engaged and interested in my daily activities.
- _____ The conditions of my life in the past were excellent.
- _____ I actively contribute to the happiness and well-being of others.
- _____ I am competent and capable in the activities that are important to me.
- _____ I am a good person and live a good life.
- _____ I am optimistic about my future.
- _____ People respect me.
- _____ **Total**