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.

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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


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

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