

Flourishing Scale

Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, indicate your agreement with each item by indicating that response for each statement.

- 7 Strongly agree
- 6 Agree
- 5 Slightly agree
- 4 Mixed or 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. _____

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 = _____

Scoring: Add the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest possible) to 56 (highest possible). A high score represents a person with many psychological resources and strengths.

Authors of the scale: 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.