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.