



## INSTRUCTIONS: Use the following scale to rate each statement:

1 = Strongly disagree, 2 = Disagree, 3 = Slightly disagree, 4 = Mixed / neither agree nor disagree,  
5 = Slightly agree, 6 = Agree, 7 = Strongly agree.

Add up your total score.

- \_\_\_\_\_ 1. I lead a purposeful and meaningful life.
- \_\_\_\_\_ 2. My social relationships are supportive and rewarding.
- \_\_\_\_\_ 3. I am engaged and interested in my daily activities.
- \_\_\_\_\_ 4. I actively contribute to the happiness and well-being of others.
- \_\_\_\_\_ 5. I am competent and capable in the activities that are important to me.
- \_\_\_\_\_ 6. I am a good person a live a good life.
- \_\_\_\_\_ 7. I am optimistic about my future.
- \_\_\_\_\_ 8. People respect me.

## \_\_\_\_\_ TOTAL SCORE

*Adapted from Diener, E., Wirtz, D. Tov, W., Kim-Pieto, C., Choi D., Oishi, S., & Biswas-Diener, R. (2009) New measures of well-being: Flourishing and positive and negative feelings*

### The Flourishing Scale:

- 48-56: Flourishing
- 40-47: Somewhat Flourishing
- <39: Not Flourishing

**THE FLOURISHING  
SCALE**



A.J. O'CONNOR