

## The Flourishing Scale

The Flourishing Scale is a brief 8-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score.

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.

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.

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

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

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