

Flourishing Scale

(Diener et al., 2010)

Each statement below is answered using a 7-point Likert scale (7 – strongly agree; 6 – agree; 5 – slightly agree; 4- mixed or neither agree nor disagree; 3 – slightly disagree; 2 – disagree; 1 – strongly disagree).

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

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 and live a good life
7. I am optimistic about my future
8. People respect me

Scoring Instructions. 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.

Citation:

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010).

New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social indicators research*, 97(2), 143-156.