

# Flourishing Scale

Name:

Age:

Gender:

Date of assessment:

## Instructions

Below are eight statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement for each statement.

## Response scale

1 - Strongly disagree

2 - Disagree

3 - Slightly disagree

4 - Mixed or neither agree nor disagree

5 - Slightly agree

6 - Agree

7 - Strongly agree

Statement	1	2	3	4	5	6	7
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.							
Total score:	/56						

## Scoring and interpretation

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

### Additional notes

### Healthcare professional information

Name:

License ID number:

Signature:

## Reference

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., 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. <https://doi.org/10.1007/s11205-009-9493-y>