

THE FLURISHING SCALE

The Flourishing Scale (*Diener, et al.) is a brief 8-item summary measure of self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score.

INSTRUCTIONS: Below are 8 statements with which you may agree or disagree. Using the 1–7 scale, indicate your agreement by placing a check-mark for each of the statements.

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.

I love and respect myself.*

Strongly disagree	Disagree	Slightly disagree	Mixed or neither agree nor disagree	Slightly agree	Agree	Strongly agree
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
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Scoring: Add the responses, down and then across to obtain your Flourishing Score (FS). 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

*In the original instrument, this statement reads "People respect me."

FS
