



Flourishing Scale (FS)

Instructions:

These questions are designed to measure your self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. Below are 8 statements with which you may agree or disagree. Using the scale below, indicate your agreement with each item.

		Strongly agree	Agree	Slightly agree	Mixed or neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
1	I lead a purposeful and meaningful life.	7	6	5	4	3	2	1
2	My social relationships are supportive and rewarding.	7	6	5	4	3	2	1
3	I am engaged and interested in my daily activities.	7	6	5	4	3	2	1
4	I actively contribute to the happiness and well-being of others.	7	6	5	4	3	2	1
5	I am competent and capable in the activities that are important to me.	7	6	5	4	3	2	1
6	I am a good person and live a good life.	7	6	5	4	3	2	1
7	I am optimistic about my future	7	6	5	4	3	2	1
8	People respect me	7	6	5	4	3	2	1

Developer Reference:

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 Please visit: <http://internal.psychology.illinois.edu/~ediener/FS.html>