



wellbeing assessment dashboard

positive emotions

- ✧ happiness scales
- ✧ panas
- ✧ fredrickson ratio
- ✧ diener spane

life satisfaction

- ✧ life overall
- ✧ life domains: work, relationships, etc



flourishing variants

- ✧ self-determination
- ✧ ryff & keys
- ✧ diener, seligman
- ✧ huppert, etc

other aspects

- ✧ strengths variants
 - ✧ optimism, gratitude, compassion, etc
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