

flourishing scale (fs)

name: _____ date: _____ time period: _____

*Below are eight statements with which you may agree or disagree.
To the right of each statement, tick the box that indicates how much you
have agreed or disagreed with each statement over the last four weeks.*

<i>please use the 1 to 7 scale on the right – the numbers indicate how much you agree or disagree with each statement below</i>		1	2	3	4	5	6	7
		<i>strongly disagree</i>	<i>disagree</i>	<i>slightly disagree</i>	<i>mixed or neither agree nor disagree</i>	<i>slightly agree</i>	<i>agree</i>	<i>strongly agree</i>
a	I lead a purposeful and meaningful life							
b	my social relationships are supportive and rewarding							
c	I am engaged and interested in my daily activities							
d	I actively contribute to the happiness and well-being of others							
e	I am competent and capable in the activities that are important to me							
f	I am a good person and live a good life							
g	I am optimistic about my future							
h	people respect me							

To score, add the responses, varying from 1 to 7, for all eight items giving a range from 8 to 56. A high score represents a person with many psychological resources and strengths. **total =**

The flourishing scale (FS) has been taken by over 680 students from the USA & Singapore. The table below shows the percentage of students scoring at or below each total.

%	1	3	5	7	10	13	15	18	21	24	28	33	39	44	53	60	70	77	83	87	90	93	96	98	100
<i>total</i>	25	29	32	34	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56

Diener, E., D. Wirtz, et al. (2010). "New well-being measures: short scales to assess flourishing and positive and negative feelings." Social Indicators Research 97(2): 143-156. The FS is copyrighted but may be used without permission – the article above should be cited.