

DIENER FLOURISHING SCALE

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

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

___ 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

___ People respect me

Scoring:

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

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A life of flourishing, well-being, meaning, purpose, and service.



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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.



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