Flourishing Scale

Name: _____ Age: _____

Gender: _____ Date of assessment: _____ dd / mm / yyyy

Below are eight statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement for each statement.Response scale1 - Strongly disagree2 - Disagree3 - Slightly disagree4 - Mixed or neither agree nor disagree5 - Slightly agree6 - Agree7 - Strongly agree

1. I lead a purposeful and meaningful life.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

2. My social relationships are supportive and rewarding.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

3. I am engaged and interested in my daily activities.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

4. I actively contribute to the happiness and well-being of others.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

5. I am competent and capable in the activities that are important to me.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

6. I am a good person and live a good life.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

7. I am optimistic about my future.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

8. People respect me.

○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7

Total score: _____

Scoring and interpretationAdd the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest possible) to 56 (highest psychological well being possible). A high score represents a person with many psychological resources and strengths.

Additional notes:

HEALTHCARE PROFESSIONAL INFORMATION

Name: _____ License ID number: _____

Signature: