



Flourishing Measure

Please respond to the following questions on a scale from 0 to 10:

1. Overall, how satisfied are you with life as a whole these days?
0 = Not Satisfied at All, 10 = Completely Satisfied _____
2. In general, how happy or unhappy do you usually feel?
0 = Extremely Unhappy, 10 = Extremely Happy _____
3. In general, how would you rate your physical health?
0 = Poor, 10 = Excellent _____
4. How would you rate your overall mental health?
0 = Poor, 10 = Excellent _____
5. Overall, to what extent do you feel the things you do in your life are worthwhile?
0 = Not at All Worthwhile, 10 = Completely Worthwhile _____
6. I understand my purpose in life.
0 = Strongly Disagree, 10 = Strongly Agree _____
7. I always act to promote good in all circumstances, even in difficult and challenging situations.
0 = Not True of Me, 10 = Completely True of Me _____
8. I am always able to give up some happiness now for greater happiness later.
0 = Not True of Me, 10 = Completely True of Me _____
9. I am content with my friendships and relationships.
0 = Strongly Disagree, 10 = Strongly Agree _____
10. My relationships are as satisfying as I would want them to be.
0 = Strongly Disagree, 10 = Strongly Agree _____
11. How often do you worry about being able to meet normal monthly living expenses?
0 = Worry All of the Time, 10 = Do Not Ever Worry _____
12. How often do you worry about safety, food, or housing?
0 = Worry All of the Time, 10 = Do Not Ever Worry _____

These 12 items have been used around the world to assess various domains of flourishing, or human well-being: Happiness and Life Satisfaction (Items 1-2), Mental and Physical Health (3-4), Meaning and Purpose (5-6), Character and Virtue (7-8), and Close Social Relationships (9-10). A sixth domain, Financial and Material Stability (11-12) may be necessary to sustain the other domains over time. The background and motivation for these items and the flourishing domains can be found in: VanderWeele, T.J. (2017). [On the promotion of human flourishing](#). Proceedings of the National Academy of Sciences, U.S.A., 31:8148-8156.