



The Positivity Institute

RESOURCES

FLOURISHING SCALE

Using the Flourishing Scale:

Below are 8 statements with which you either 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 | 4 – Neither agree nor disagree | 1 – Strongly disagree |
| 6 – Agree | 3 – Slightly disagree | |
| 5 – Slightly agree | 2 – 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

Total: _____

What Next?

- If your score is LOW you're definitely not flourishing.
- Our advice is to seek assistance immediately either through your GP or professional psychologist (www.psychology.org.au). The Black Dog Institute offers a more detailed free on-line assessment of your mood <http://www.blackdoginstitute.org.au/public/depression/self-test.cfm>.
- If your score is MID-RANGE – your well-being is average. Be proactive, seek help and move towards a flourishing life.
- If your scores are HIGH – keep it up! You're doing well but you may want some professional assistance in maintaining it.

Please contact us for more information on creating a flourishing life: info@thepositivityinstitute.com.au