



# Flourishing Measure Survey

| #  | Question   | Scale  | Your Answer                            |
|--|--|--|--|
| <b>Happiness &amp; Life Satisfaction</b> |  |  |  |
| 1.                                       | Overall, how satisfied are you with life as a whole these days?                    | <p><b>0</b><br/><i>Not Satisfied at All</i></p> <p><b>10</b><br/><i>Completely Satisfied</i></p>   | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| 2.                                       | In general, how happy or unhappy do you usually feel?                              | <p><b>0</b><br/><i>Extremely Unhappy</i></p> <p><b>10</b><br/><i>Extremely Happy</i></p>           | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| <b>Mental &amp; Physical Health</b>      |  |  |  |
| 3.                                       | In general, how would you rate your physical health?                               | <p><b>0</b><br/><i>Poor</i></p> <p><b>10</b><br/><i>Excellent</i></p>                              | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| 4.                                       | How would you rate your overall mental health?                                     | <p><b>0</b><br/><i>Poor</i></p> <p><b>10</b><br/><i>Excellent</i></p>                              | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| <b>Meaning &amp; Purpose</b>             |  |  |  |
| 5.                                       | Overall, to what extent do you feel the things you do in your life are worthwhile? | <p><b>0</b><br/><i>Not at All Worthwhile</i></p> <p><b>10</b><br/><i>Completely Worthwhile</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| 6.                                       | I understand my purpose in life.   | <p><b>0</b><br/><i>Strongly Disagree</i></p> <p><b>10</b><br/><i>Strongly Agree</i></p>            | <p>Your Score:</p> <hr/> <p>(0-10)</p> |



## Character & Virtue

|           |  |   |  |
|-----------|--|---|--|
| <b>7.</b> | I always act to promote good in all circumstances, even in difficult and challenging situations. | <p><b>0</b><br/><i>Not True of Me</i></p> <p><b>10</b><br/><i>Completely True of Me</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| <b>8.</b> | I am always able to give up some happiness now for greater happiness later.                      | <p><b>0</b><br/><i>Not True of Me</i></p> <p><b>10</b><br/><i>Completely True of Me</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |

## Close Social Relationships

|            |  |   |  |
|------------|--|---|--|
| <b>9.</b>  | I am content with my friendships and relationships.            | <p><b>0</b><br/><i>Strongly Disagree</i></p> <p><b>10</b><br/><i>Strongly Agree</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| <b>10.</b> | My relationships are as satisfying as I would want them to be. | <p><b>0</b><br/><i>Strongly Disagree</i></p> <p><b>10</b><br/><i>Strongly Agree</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |

## Financial & Material Stability

|            |   |  |  |
|------------|---|--|--|
| <b>11.</b> | How often do you worry about being able to meet normal monthly living expenses? | <p><b>0</b><br/><i>Worry All of the Time</i></p> <p><b>10</b><br/><i>Do Not Ever Worry</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |
| <b>12.</b> | How often do you worry about safety, food, or housing?                          | <p><b>0</b><br/><i>Worry All of the Time</i></p> <p><b>10</b><br/><i>Do Not Ever Worry</i></p> | <p>Your Score:</p> <hr/> <p>(0-10)</p> |

### Reference

VanderWeele, T.J. (2017). On the promotion of human flourishing. *Proceedings of the National Academy of Sciences, U.S.A.*, 31:8148–8156.

For more information on the Human Flourishing Program at Harvard University, visit [hfh.fas.harvard.edu](http://hfh.fas.harvard.edu)