**40-Item Well-Being Measure**

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

**Emotional Health**

1. Overall, how satisfied are you with life as a whole these days?

0 = Not Satisfied at All, 10 = Completely Satisfied

2. On average, how happy have you felt during the last 7 days?

0 = Extremely Unhappy, 10 = Extremely Happy

3. I expect more good things in my life than bad.

0=Strongly Disagree, 10=Strongly Agree

4. How would you rate your overall mental health?

0 = Poor, 10 = Excellent

5. Are you depressed?

0=Not at all Depressed, 10=Very Depressed (r)

6. Do you have anxiety that keeps you from doing the things in life that you need to do? 0=Never, 10=Always (r)

7. In stressful situations, I manage my emotions so that I am still in control of myself. 0=Strongly Disagree, 10=Strongly Agree

**Purpose**

1. I know what gives meaning to my life.

0=Strongly Disagree, 10=Strongly Agree

2. I have values and beliefs that help me understand who I am.

0=Strongly Disagree, 10=Strongly Agree

3. My life has a clear sense of purpose.

0=Strongly Disagree, 10=Strongly Agree

4. I understand my purpose in life.

0=Strongly Disagree, 10=Strongly Agree

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 am pursuing what is most important to me in my life.

0=Strongly Disagree, 10=Strongly Agree

**Social Connectedness**

1. My relationships are as satisfying as I would want them to be.

0=Strongly Disagree, 10=Strongly Agree

2. There are people who really understand me.

0=Never, 10=Often

3. How often do you feel lonely.

0=Never,10=Almost Always (r)

4. I am content with my friendships and relationships.

0=Strongly Disagree, 10=Strongly Agree

5. I have enough people I feel comfortable asking for help at any time.

0=Strongly Disagree, 10=Strongly Agree

6. I feel connected to the broader community around me.

0=Strongly Disagree, 10=Strongly Agree

7. People in my broader community trust and respect one another.

0=Strongly Disagree, 10=Strongly Agree

**Character Strengths**

1. 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

2. I always know the right thing to do.

0=Not True of Me; 10=Completely True of Me

3. I always treat everyone with kindness, fairness and respect.

0=Not True of Me; 10=Completely True of Me

4. I am always able to give up some happiness now for greater happiness later.

0=Not True of Me; 10=Completely True of Me

5. I am willing to face difficulties in order to do what is right.

0=Not True of Me; 10=Completely True of Me

6. I give up personal pleasures whenever it is possible to do some good instead.

0=Not True of Me; 10=Completely True of Me

7. I get to use my strengths to help others.

0=Not True of Me; 10=Completely True of Me

**Physical Health**

1. In general, how would you rate your physical health?

0 = Poor, 10 = Excellent

2. I have no major illnesses or injuries.

0=Strongly Disagree, 10=Strongly Agree

3. I do not routinely get sick.

0=Strongly Disagree, 10=Strongly Agree

4. My health does not prevent me from doing what I would like.

0=Strongly Disagree, 10=Strongly Agree

5. My pain makes it hard for me to do my usual activities.

0=Strongly Disagree, 10=Strongly Agree (r)

6. Based on my past health, I expect to be healthy long into the future.

0=Strongly Disagree, 10=Strongly Agree

7. I regularly do things to maintain and improve my health, in diet, exercise, and health care.

0=Strongly Disagree, 10=Strongly Agree

**Financial Security**

1. I am able to meet my normal monthly living expenses without any difficulty.

0=Completely Disagree, 10=Completely Agree

2. How often do you worry about food, housing, or health expenses?

0=Do Not Ever Worry, 10=Worry All of the Time (r)

3. I have sufficient savings that I could cover six months of expenses.

0=Strongly Disagree, 10=Strongly Agree

4. My financial circumstances give me freedom to pursue my goals.

0=Strongly Disagree, 10=Strongly Agree

5. Given my age, I have done adequate financial planning for the future.

0=Strongly Disagree, 10=Strongly Agree

6. The amount of debt I have often overwhelms me.

0=Strongly Disagree, 10=Strongly Agree (r)

The background and motivation for these items and can be found in:

Lee, M.T., Bialowolski, P., Weziak-Bialowolska, D., Mooney, K.D., Lerner, P.J., McNeely, E. & VanderWeele T.J. (2020) [Self-assessed importance of domains of flourishing: Demographics and correlations with well-being](https://www.tandfonline.com/doi/full/10.1080/17439760.2020.1716050). *The Journal of Positive Psychology*, DOI: 10.1080/17439760.2020.1716050

VanderWeele, T.J. (2017). [On the promotion of human flourishing](https://www.pnas.org/content/pnas/early/2017/07/12/1702996114.full.pdf). PNAS, 31:8148-8156.