**Flourishing Measure—Adolescent Version**

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 I consider myself a happy person.

0 = Strongly Disagree, 10 = Strongly Agree \_\_\_

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 am doing things now that will help me achieve my goals 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. I have people in my life I can talk to about things that really matter.

0 = Strongly Disagree, 10 = Strongly Agree \_\_\_

11. My family has enough money to live a truly decent life.

0 = Strongly Disagree, 10 = Strongly Agree \_\_\_

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 adapted for use with adolescents (generally 12-18 years old, but possibly younger) to assess several important domains of flourishing including: 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) is an important means to sustain the other domains over time. The background and motivation for most of these items and the flourishing domains can be found in: VanderWeele, T. J. (2017). [On the promotion of human flourishing](https://www.pnas.org/content/pnas/early/2017/07/12/1702996114.full.pdf). *Proceedings of the National Academy of Sciences*, U.S.A., 31:8148-8156. Four items from the original flourishing measure were considered unsuitable for children and the following new items were adapted from other measures. Item 2: Lyubomirsky, S., & Lepper, H. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155). Items 6 and 10: Carle, A., McIntosh, H., Moore, K. A., Lippman, L., Guzman, L., Ramos, M. F., Kuhfeld, M. Ryberg, R. & Caal, S. (2014). *Flourishing Children: Defining and Testing Indicators of Positive Development*. New York, NY: Springer. Item 11: Patrick, D. L., Edwards, T. C., & Topolski, T. D. (2002) Adolescent quality of life, part II: Initial validation of a new instrument. *Journal of Adolescence*, 287-300.