



FLOURISHING MEASURE

This tool is designed to facilitate personal awareness of individual well-being related to the 6 domains of Human Flourishing: Happiness and Life Satisfaction, Mental and Physical Health, Meaning and Purpose, Character and Virtue, Close Social Relationships, and Financial and Material Stability. At FBCA, we're committed to Flourishing Together!

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 the Time, 10 = Do Not Ever Worry _____
12. How often do you worry about safety, food, or housing?
0 = Worry All the Time, 10 = Do Not Ever Worry _____