

In *The Strengths Book*, Jane Turner had many things going right in her life, but she wasn't developing herself to make the most of what she had to offer, and as a result she didn't feel as if she was flourishing. You can assess your own flourishing by completing the Flourishing Scale below.

THE FLOURISHING SCALE

Below are eight statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. I lead a purposeful and meaningful life						<input type="text"/>
2. My social relationships are supportive and rewarding						<input type="text"/>
3. I am engaged and interested in my daily activities						<input type="text"/>
4. I actively contribute to the happiness and well-being of others						<input type="text"/>
5. I am competent and capable in the activities that are important to me						<input type="text"/>
6. I am a good person and live a good life						<input type="text"/>
7. I am optimistic about my future						<input type="text"/>
8. People respect me						<input type="text"/>

How to score: Add the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest possible) to 56 (highest possible). A high score represents a person who is flourishing, with many psychological resources and high well-being.

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Source: Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. In E. Diener (Ed.), *The collected works of Ed Diener* (Vol. 3, pp. 247-266). Dordrecht, NL: Springer. Reprinted with permission.

The Strengths Book: Be Confident, Be Successful, and Enjoy Better Relationships by Realising the Best of You, by Alex Linley, Janet Willars and Robert Biswas-Diener

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