

## The Flourishing Project Measure\*

Domain	Questions	Score
Happiness and Life Satisfaction	1. Overall, how satisfied are you with your 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	
Mental and Physical Health	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	
Meaning and Purpose	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	
Character and Virtue	7. I always act to promote good in all circumstances, even in difficult and challenging situations. 0 = Not True, 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	
Close Social Relationships	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	
Financial and Material Stability	11. How often do you worry about being able to meet normal monthly living expenses? 0 = Worry All of the Time, 10 = Do Not Ever Worry 12. How often do you worry about safety, food, or housing? 0 = Worry All of the Time, 10 = Do Not Ever Worry	

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