

Flourishing Scale (FS)



The Flourishing Scale measures wellbeing by the PERMA model, modified to include self-esteem, purpose, and optimism. This scale contains eight items. It is reliable and valid and has been shown to be appropriate for any adult. If it is used in any publication, proper citation is required. We recommend visiting Ed Diener’s website for information and articles on this and other scales.

Pros for Schools

Free
Valid and reliable
Translations available

Cons for Schools

Possibly too short for robust understanding (8-items)
Not specific to workplaces

Suggestions for Further Research

Diener, E. (n.d.). <https://eddiener.com/>

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. *Social Indicators Research, 39*, 247-266.

MIDSS. Flourishing Scale (FS). *Measurement Instrument Database for the Social Sciences*. www.midss.org/content/flourishing-scale-fs-0





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