

# 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

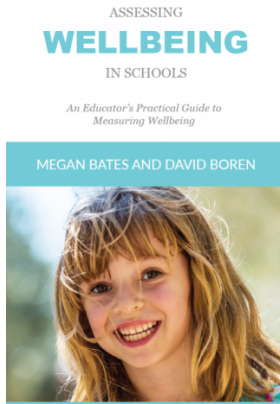
## **Suggestions for Further Research**

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](http://www.midss.org/content/flourishing-scale-fs-0)



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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