



The Human Flourishing Program

at Harvard's Institute for Quantitative Social Science

Flourishing measure for adolescents aged 12-18

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 I consider myself a happy person.
0 = Strongly Disagree, 10 = Strongly Agree

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 am doing things now that will help me achieve my goals 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. I have people in my life I can talk to about things that really matter.
0 = Strongly Disagree, 10 = Strongly Agree

11. My family has enough money to live a truly decent life.

0 = Strongly Disagree, 10 = Strongly Agree

12. How often do you worry about safety, food, or housing?

0 = Worry All of the Time, 10 = Do Not Ever Worry

References

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