



The Human Flourishing Program

at Harvard's Institute for Quantitative Social Science

Flourishing definition for children ages 9-11

Flourishing is when all important parts of your life are good. It is when you feel happy with your life, you feel healthy in your body and mind, you believe that the things you do matter, you know that you are a good person, and you enjoy close relationships.

Flourishing measure for children ages 9-11

Please answer the questions below on a scale from 0 to 10:

Overall, I am happy with life.

0 = Strongly Disagree, 10 = Strongly Agree

I'm a happy person.

0 = Strongly Disagree, 10 = Strongly Agree

How healthy are you?

0 = Not healthy, 10 = Completely healthy

My mind is at peace.

0 = Strongly Disagree, 10 = Strongly Agree

Do you feel the things you do in your life matter?

0 = Not at all, 10 = Completely

I am doing things now that will help me in my life when I grow up.

0 = Strongly Disagree, 10 = Strongly Agree

I always try to do the right thing, even when it is hard.

0 = Strongly Disagree, 10 = Strongly Agree

I am always able to do something hard now that I know will make me happy later.

0 = Strongly Disagree, 10 = Strongly Agree

I am happy with my friendships and relationships.

0 = Strongly Disagree, 10 = Strongly Agree

I have people in my life I can talk to about things that really matter.

0 = Strongly Disagree, 10 = Strongly Agree

My family has enough money to live a good life.

0 = Strongly Disagree, 10 = Strongly Agree

How often do you worry about being safe, having food to eat, or having a place to live?

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

Spanish version

Borrador para la definición de florecimiento en niños/as de 9-11 años

El florecimiento se da cuando todas las partes importantes de tu vida son buenas. Es cuando te sientes feliz con tu vida, te sientes saludable tanto de cuerpo como de mente, crees que las cosas que haces importan, sabes que eres una buena persona y tienes relaciones cercanas.

Borrador para la medida del florecimiento en niños/as de 9-11 años

En general, estoy contento con la vida.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

Soy una persona feliz.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

¿Te sientes sano/a?

0 = No sano/a, 10 = Completamente sano/a

Mi mente está tranquila.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

¿Sientes que las cosas que haces en tu vida valen la pena?

0 = No valen la pena en absoluto, 10 = Valen la pena completamente

Ahora mismo estoy haciendo cosas que me ayudarán en mi vida cuando crezca.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

Siempre hago lo que es bueno, aunque me cueste.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

Siempre soy capaz de hacer algo que me cueste ahora que sé que me hará feliz después.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

Soy muy feliz con mis amigos y mis relaciones.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

Tengo personas en mi vida con las que puedo hablar de cosas que realmente importan.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

Mi familia tiene suficiente dinero para vivir una buena vida.

0 = Totalmente en desacuerdo, 10 = Totalmente de acuerdo

¿Con qué frecuencia te preocupas por estar seguro, tener comida para comer o tener un lugar en el que vivir?

0 = Me preocupa todo el tiempo, 10 = Nunca me preocupa

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