Flourishing

In this next section, we will talk about your wellbeing and how you are feeling these days. The numbers under each item represent different degrees of feelings about your wellbeing. For example, zero (0) on the scale means not satisfied at all and 10 means completely satisfied. **Circle the number for each item that best describes your feelings about your current wellbeing.**

1. Overall, how satisfied are you with life as a whole?

   Not satisfied at All (0) 0--------1--------2--------3--------4--------5--------6--------7--------8--------9--------10 **Completely Satisfied (10)**

2. In general, how happy or unhappy do you usually feel?

   Extremely Unhappy (0) 0--------1--------2--------3--------4--------5--------6--------7--------8--------9--------10 **Extremely Happy (10)**

3. In general, how would you rate your physical health?

   Poor (0) 0----------1----------2----------3----------4----------5----------6----------7----------8----------9----------10 **Excellent (10)**

4. How would you rate your overall mental health?

   Poor (0) 0----------1----------2----------3----------4----------5----------6----------7----------8----------9----------10 **Excellent (10)**

5. Overall, to what extent do you feel the things you do in your life are worthwhile?

   Not at All Worthwhile (0) 0-------1-------2-------3-------4-------5-------6-------7-------8-------9-------10 **Completely Worthwhile (10)**

6. I understand my purpose in life.

   Strongly Disagree (0) 0---------1---------2---------3---------4---------5---------6---------7---------8---------9---------10 **Strongly Agree (10)**

7. I always act to promote good in all circumstances, even in difficult and challenging situations.

   Not True of Me (0) 0-------1-------2-------3-------4-------5-------6-------7-------8-------9-------10 **Completely True of Me (10)**

8. I am always able to give up some happiness now for greater happiness later.

   Not True of Me (0) 0-------1-------2-------3-------4-------5-------6-------7-------8-------9-------10 **Completely True of Me (10)**

9. I am content with my friendships and relationships.

   Strongly Disagree (0) 0---------1---------2---------3---------4---------5---------6---------7---------8---------9---------10 **Strongly Agree (10)**

10. My relationships are as satisfying as I would want them to be.

Strongly Disagree (0) 0---------1---------2---------3---------4---------5---------6---------7---------8---------9---------10 **Strongly Agree (10)**

11. How often do you worry about being able to meet normal monthly living expenses?

Worry All of the Time (0) 0-------1-------2-------3-------4-------5-------6-------7-------8-------9-------10 **Do Not Ever Worry (10)**

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

Worry All of the Time (0) 0-------1-------2-------3-------4-------5-------6-------7-------8-------9-------10 **Do Not Ever Worry (10)**