**Flourishing Perma Scale**

Please read each of the following questions and then select the point on the scale that you feel best describes you.

Q1. In general, to what extent do you lead a purposeful and meaningful life?
From [0 = Not At All] to [10 = Completely].

Q2. How much of the time do you feel you are making progress towards accomplishing your goals? From [0 = Never] to [10 = Always].

Q3. How often do you become absorbed in what you are doing?
 From [0 = Never] to [10 = Always].

Q4. In general, how would you say your health is?
From [0 = Terrible] to [10 = Excellent].

Q5. In general, how often do you feel joyful?
 From [0 = Never] to [10 = Always].

Q6. To what extent do you receive help and support from others when you need it?
From [0 = Not At All] to [10 = Completely].

Q7. In general, how often do you feel anxious?
From [0 = Never] to [10 = Always].

Q8. How often do you achieve the important goals you have set for yourself? From [0 = Never] to [10 = Always].

Q9. In general, to what extent do you feel that what you do in your life is valuable and worthwhile? From [0 = Not At All] to [10 = Completely].

Q10. In general, how often do you feel positive?
From [0 = Never] to [10 = Always].

Q11. In general, to what extent do you feel excited and interested in things?
From [0 = Not At All] to [10 = Completely].

Q12. How lonely do you feel in your daily life?
From [0 = Not At All] to [10 = Completely].

Q13. How satisfied are you with your current physical health?
From [0 = Not At All] to [10 = Completely].

Q14. In general, how often do you feel angry?
From [0 = Never] to [10 = Always].

Q15. To what extent have you been feeling loved?
From [0 = Not At All] to [10 = Completely].

Q16. How often are you able to handle your responsibilities?
From [0 = Never] to [10 = Always].

Q17. To what extent do you generally feel you have a sense of direction in your life?
From [0 = Not At All] to [10 = Completely].

Q18. Compared to others of your same age and sex, how is your health?
From [0 = Not At All] to [10 = Completely].

Q19. How satisfied are you with your personal relationships?
From [0 = Not At All] to [10 = Completely].

Q20. In general, how often do you feel sad?
From [0 = Never] to [10 = Always].

Q21. How often do you lose track of time while doing something you enjoy?
From [0 = Never] to [10 = Always].

Q22. In general, to what extent do you feel contented? From [0 = Not At All] to [10 = Completely].

Q23. Taking all things together, how happy would you say you are?
From [0 = Not At All] to [10 = Completely].