Brief Inventory of Thriving (BIT)

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Reference:

Please indicate your agreement or disagreement with each of the following statements using the scale below.

1  Strongly Disagree
2  Disagree
3  Neither Agree nor Disagree
4  Agree
5  Strongly Agree

1. My life has a clear sense of purpose
2. I am optimistic about my future
3. My life is going well
4. I feel good most of the time
5. What I do in life is valuable and worthwhile
6. I can succeed if I put my mind to it
7. I am achieving most of my goals
8. In most activities I do, I feel energized
9. There are people who appreciate me as a person
10. I feel a sense of belonging in my community