Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, indicate your agreement with each item by indicating that response for each statement.

• 7 - Strongly agree
• 6 - Agree
• 5 - Slightly agree
• 4 - Neither agree nor disagree
• 3 - Slightly disagree
• 2 - Disagree
• 1 - Strongly disagree

_____ I lead a purposeful and meaningful life
_____ My social relationships are supportive and rewarding
_____ I am engaged and interested in my daily activities
_____ I actively contribute to the happiness and well-being of others
_____ I am competent and capable in the activities that are important to me
_____ I am a good person and live a good life
_____ I am optimistic about my future
_____ People respect me

Scoring:

Add the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest possible) to 56 (highest PWB possible). A high score represents a person with many psychological resources and strengths.