

Youth Flourishing Scale

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The YFS was field tested by 483 7th and 8th graders from the Midwest US. All items factored together and reliability is .90.

Below are eight statements with which you may agree or disagree. Using the 1–7 scale below, indicate your response for each statement.

7. Strongly agree
6. Agree
5. Slightly agree
4. Mixed or neither agree nor disagree
3. Slightly disagree
2. Disagree
1. Strongly disagree

Items:

1. My life has purpose and meaning
2. My friends and family are encouraging and helpful.
3. I lead an active and interesting life.
4. I help others in ways that make their lives better and happier.
5. When involved in something important to me, I'm motivated and do well.
6. People who know me best would say I'm a good person and have a good life.
7. I think my future looks great.
8. People respect me.