Questionnaire for Eudaimonic Well-Being

This questionnaire was developed by researchers and contains a series of statements that refer to how you may feel things have been going in your life.

Instructions

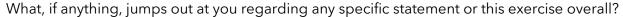
- Read each statement and decide the extent to which you agree or disagree with it.
- Try to respond to each statement according to your own feelings about how things are actually going, rather than how you might wish them to be.
- Please rate your level of agreement with each statement using a scale from 0 to 4, where 0 = Strongly Disagree and 4 = Strongly Agree.
- Ignore the "Adjusted" column on the right until it is time to score.

| Statement | Rating 0 to 4 | Adjusted |
|---|---------------|----------|
| 1. I find I get intensely involved in many of the things I do each day. | | |
| 2. I believe I have discovered who I really am. | | |
| 3. I think it would be ideal if things came easily to me in my life. | | |
| 4. My life is centered around a set of core beliefs that give meaning to my life. | | |
| 5. It is more important that I really enjoy what I do than that other people are impressed by it. | | |
| 6. I believe I know what my best potentials are and I try to develop them whenever possible. | | |
| 7. Other people usually know better what would be good for me to do than I know myself. | | |
| 8. I feel best when I'm doing something worth investing a great deal of effort in. | | |
| 9. I can say that I have found my purpose in life. | | |
| 10. If I did not find what I was doing rewarding for me, I do not think I could continue doing it. | | |
| 11. As yet, I've not figured out what to do with my life. | | |
| 12. I can't understand why some people want to work so hard on the things that they do. | | |
| 13. I believe it is important to know how what I'm doing fits with purposes worth pursuing. | | |
| 14. I usually know what I should do because some actions just feel right to me. | | |
| 15. When I engage in activities that involve my best potentials, I have this sense of really being alive. | | |
| 16. I am confused about what my talents really are. | | |
| 17. I find a lot of the things I do are personally expressive for me. | | |
| 18. It is important to me that I feel fulfilled by the activities that I engage in. | | |
| 19. If something is really difficult, it probably isn't worth doing. | | |
| 20. I find it hard to get really invested in the things that I do. | | |
| 21. I believe I know what I was meant to do in life. | | |

Scoring Instructions

- For numbers 3, 7, 11, 12, 16, 19, and 20 notice the blank white box in the "Adjusted" column.
- Starting with statement number 3, subtract that statement's score from 4 (i.e., the top rating, not question number 4) and write that new score in the corresponding blank box. Repeat for the remaining statements. For example:
 - o If your original score was 3, then 4-3=1 and you'll write 1 in that box.
 - o If your original score was 0, then 4-0=4 and you'll write 4 in that box.
- Now cross out your original score for each of those statements. You've just performed "reverse coding" as it is known in the research world.
- Finally, find your total score by adding up the non-crossed-out scores from each column. You'll get a number that is 84 or less.

Reflection Prompts



What do you observe about the statements where you quickly and easily answered either 0 or 4?

| What do you observe about the statements where you deliberated a bit or scored 1-3? |
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| What is your takeaway from trying this exercise and what if anything will you do with that insight? |
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| Other notes: |
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Citation for QEWB Instrument

Waterman, A. S., Schwartz, S. J., Zamboanga, B. L., Ravert, R. D., Williams, M. K., Agocha, V. B., Kim, S. Y., & Donnellan, M. B. (2010). The Questionnaire for Eudaimonic Well-Being: Psychometric properties, demographic comparisons, and evidence of validity. The Journal of Positive Psychology, 5(1), 41-61. https://doi.org/10.1080/17439760903435208