

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:
 - If your original score was 3, then $4-3=1$ and you’ll write 1 in that box.
 - 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, if anything, jumps out at you regarding any specific statement or this exercise overall?

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?

What is your takeaway from trying this exercise and what if anything will you do with that insight?

Other notes:

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>

