

## **Brief Inventory of Thriving (BIT)**

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### **Reference:**

Su, R., Tay, L., & Diener, E. (2014). The development and validation of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT). *Applied Psychology: Health and Well-Being*, 6(3), 251-279. <https://doi.org/10.1111/aphw.12027>

**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