

## The Eudaimonism-Hedonism Scale

Listed below are 6 factors that can be considered as components of well-being. Please let us know about your personal definition of well-being by distributing points to these 6 components. You have a total of 100 points that should be distributed based on the importance of each component in your personal opinion. Note that the total points you allocate to all components must be exactly 100. Please read the entire list of components before you begin allocating points.

Components of well-being	Points
1- Experiencing happy feelings	.....
2- Having a sense of purpose and direction in life	.....
3- Enjoying oneself	.....
4- Trying to actualize one's potential and talents	.....
5- Gaining a rich understanding of the meaning of life	.....
6- Absence of negative feelings	.....
Total:	.....

➤ PLEASE CHECK AGAIN: Total points allocated should not exceed 100.

Scoring: Hedonism: items 1, 3, and 6; Eudaimonism: items 2, 4, and 5

### Reference

Joshanloo, M. (2019). Lay conceptions of happiness: Associations with reported well-being, personality traits, and materialism. *Frontiers in Psychology, 10*(2377).

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