

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 13

Item statistics for the Brief Inventory of Thriving (BIT): Item-total correlations, internal consistency without each item, and item loadings

Item	Corresponding Facet	Item-total correlation	Cronbach's alpha with item deleted	Item loading
My life has a clear sense of purpose	Meaning & Purpose	0.82	0.91	0.80
I am optimistic about my future	Optimism	0.76	0.92	0.84
My life is going well	Life satisfaction	0.79	0.92	0.83
I feel good most of the time	Positive Affect	0.79	0.92	0.82
What I do in life is valuable and worthwhile	Self-worth	0.76	0.92	0.79
I can succeed if I put my mind to it	Self-efficacy	0.67	0.92	0.68
I am achieving most of my goals	Accomplishment	0.73	0.92	0.82
In most activities I do, I feel energized	Flow	0.65	0.92	0.71
There are people who appreciate me as a person	Support	0.56	0.93	0.58
I feel a sense of belonging in my community	Belonging	0.64	0.92	0.68