Our paper presents a survey-based index for measuring empowerment of women and other marginalised people. It provides a direct measure of empowerment. We define empowerment as the ability to make purposeful choices that people have reason to value. Building on the Women’s Empowerment in Agriculture Index (WEAI) by Alkire et al., the index measures empowerment in multiple domains: household, community, market and state. For each domain, we selected different indicators (10 in total) on the basis of more than 150 semi-structured interviews conducted in rural India. Each indicator is scored on the basis of three questions: the first one captures the ability to make choices; the second one records whether the person had reasons to value making that particular choice; the third one provide information on whether the ability (or not) to make that choice is related to prevalent social norms within the person’s reference group. The overall empowerment score is calculated using an adaptation of the Alkire-Foster methodology. In this paper we present an application of the index on the basis of an individual survey conducted in rural India. The index has several of the advantages of the WEAI including: the possibility of breaking it down in numerous ways, which allows policy-makers to see what domains, indicators, social groups, geographical areas etc. need specific attention; the provision of headlines, easy-to-read figures to disseminate findings and to compare outcomes over time and space; and the opportunity to use the index as an independent variable for policy/project evaluations. It has also some additional advantages: it is based on simpler, quicker and easily adaptable questionnaire; it measures empowerment not only for women, but for marginalised people in general; it takes into account the role of both individual values and of social norms for the construction of each indicator; and it is not constructed to measure empowerment in one specific sector, and it thus more generalisable and easier to adapt to specific contexts or policies. It also has disadvantages, principally related to difficult, normative choices by the researchers about the role of social norms and to the absence of the Gender Parity Index.