

Satisfaction With Life Scale (SWLS)

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding. 7 - Strongly agree, 6 – Agree, 5 - Slightly agree, 4 - Neither agree nor disagree, 3 - Slightly disagree, 2 – Disagree, 1 - Strongly disagree

Questions:

1. In most ways my life is close to my ideal _____
2. The conditions of my life are excellent _____
3. I am satisfied with my life _____
4. So far I have gotten the important things I want in life _____
5. If I could live my life over, I would change almost nothing _____

Scoring:

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.