

The Satisfaction with Life Scale

DIRECTIONS: Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

SCALE:

- 1 = Strongly Disagree**
- 2 = Disagree**
- 3 = Slightly Disagree**
- 4 = Neither Agree or Disagree**
- 5 = Slightly Agree**
- 6 = Agree**
- 7 = Strongly Agree**

- _____ 1. In most ways my life is close to my ideal.
- _____ 2. The conditions of my life are excellent.
- _____ 3. I am satisfied with 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.

Diener, E., Emmons, R.A., Larson, R.J., & Griffin, S. (1985) The satisfaction with life scale. Journal of Personality Assessment, 49, 71-75.