

# Satisfaction with Life Scale (SWLS)

Full name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Please read the five statements below and see whether you agree with them or not. Express your agreement or disagreement by rating those statements between 1-7:

1 = you strongly disagree

2 = you disagree

3 = you slightly disagree

4 = you neither agree nor disagree

5 = you slightly agree

6 = you agree

7 = you strongly agree

\_\_\_\_\_ In most ways, my life is close to my ideal.

\_\_\_\_\_ The conditions of my life are excellent.

\_\_\_\_\_ I am satisfied with my life.

\_\_\_\_\_ So far, I have gotten the important things I want in life.

\_\_\_\_\_ If I could live my life over again, I would change almost nothing.

**Total score:** \_\_\_\_\_

## Score ranges:

**5-9** = extremely dissatisfied

**10-14** = dissatisfied

**15-19** = slightly dissatisfied

**20** = neutral

**21-25** = slightly satisfied

**26-30** = satisfied

**31-35** = extremely satisfied

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