

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.