

The Satisfaction with Life Scale

By Ed Diener, PhD

DIRECTIONS:

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 responses.

- 7 – Strongly agree
- 6 – Agree
- 5 – Slightly agree
- 4 – Neither agree nor disagree
- 3 – Slightly disagree
- 2 – Disagree
- 1 – Strongly disagree

SCORE EACH OF THESE ITEMS:

- ____ 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, I would change almost nothing.

____ ADD YOUR SCORES

RATE YOUR RESULTS:

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

Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin
1985 article in the *Journal of Personality Assessment*.
<http://internal.psychology.illinois.edu/~ediener/SWLS.html>