

## **SATISFACTION WITH LIFE SCALE (SWLS)**

*Diener, Emmons, Larson & Griffin*

*Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by circling the number that corresponds to it.*

*1 – Strongly Disagree*

*2 – Disagree*

*3 – Slightly Disagree*

*4 – Neither*

*Agree Nor*

*Disagree*

*5 – Slightly Agree*

*6 – Agree*

*7 – Strongly Agree*

	<b>Strongly Disagree</b>							<b>Strongly Agree</b>
<b>1. In most ways my life is close to my ideal.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>2. The conditions of my life are excellent.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>3. I am satisfied with my life.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>4. So far I have gotten the important things I want in life.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>5. If I could live my life over, I would change almost nothing.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	