

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

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