Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985)

Instructions:

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 in the box to the right of the statement. Please be open and honest in your responding.

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

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

Scoring

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

References
