

satisfaction with life scale (swls)

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 after that item. Please be open and honest in your responding.

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>strongly disagree</i>	<i>disagree</i>	<i>slightly disagree</i>	<i>neither agree nor disagree</i>	<i>slightly agree</i>	<i>agree</i>	<i>strongly agree</i>

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 _____

sum the 5 numbers to get a total 'satisfaction with life' score _____

see the handout 'understanding swls scores' for more details.
