



## Satisfaction with Life Scale (SWLS)

### Instructions:

Below are five statements that you may agree or disagree with. Indicate your agreement with each item by tapping the appropriate box, from strongly agree, to strongly disagree. Please be open and honest in your responding.

		Strongly agree	Agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
1	In most ways my life is close to my ideal.	7	6	5	4	3	2	1
2	The conditions of my life are excellent.	7	6	5	4	3	2	1
3	I am satisfied with my life.	7	6	5	4	3	2	1
4	So far I have gotten the important things I want in life.	7	6	5	4	3	2	1
5	If I could live my life over, I would change almost nothing.	7	6	5	4	3	2	1

### Developer Reference:

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.

<http://internal.psychology.illinois.edu/~ediener/SWLS.html>