

Satisfaction with Life Scale (SWLS)

Instructions:

Below are five statements that you may agree or disagree with. Indicate your agreement with each item by choosing 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>

Scoring and Interpretation

Scores consist of a raw score (between 5 and 35). Higher scores represent higher life satisfaction. Scorers can be assigned into six well-being categories and interpretative text is provided for each.

- 30- 35: **Extremely satisfied**
- 25 – 29: **Satisfied**
- 20 – 24: **Slightly satisfied**
- 15 – 19: **Slightly dissatisfied**
- 10 – 14: **Dissatisfied**
- 5 – 9: **Extremely dissatisfied**