

How Generally Satisfied are You with Your Life? (The Satisfaction with Life Scale, SWLS)

Instructions

Life satisfaction is an overall, global assessment that one's life is close to ideal and/or close to one's desired level. This five-item measure, called the Satisfaction with Life Scale (SWLS), is a widely-used measure of one's life satisfaction. Simply state the extent to which you agree or disagree to each of the statements below for your life satisfaction score.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
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 live over, I would change almost nothing.							

Scoring

Strongly Disagree = 1, Disagree = 2, Slightly Disagree = 3, Neither Agree nor Disagree = 4, Slightly Agree = 5, Agree = 6, Strongly Agree = 7
 Total Satisfaction with Life = Average items 1-5.

Interpretation

Higher scores on this measure suggest higher satisfaction with one's life. The average score from a sample of 176 undergraduate students was 23.5, while a sample of 53 elderly persons from the same research project scored 25.8 for life satisfaction.

Reference

Diener, E. D., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75.