The Satisfaction With Life Scale

A 5-item scale designed to measure global cognitive judgments of one’s life satisfaction (not a measure of either positive or negative affect).


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

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

____ 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.

Scoring: Sum up scores on each item.