

# The Satisfaction with Life Scale

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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.

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

- \_\_\_\_\_ **1. In most ways my life is close to my 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 life over, I would change almost nothing.**

Add up your results and see where you are in the following list:

- 35 – 31 - Extremely satisfied
- 26 – 30 - Satisfied
- 21 – 25 - Slightly satisfied
- 20 - Neutral
- 15 – 19 - Slightly dissatisfied
- 10 – 14 - Dissatisfied
- 5 - 9 - Extremely dissatisfied

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