The Satisfaction with Life Scale SWLS

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

1. In most ways my life 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.