



Satisfaction with Life Scale

Source: The items are from the 5-item Satisfaction with Life Scale . Public Domain

Reference: Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.

Scale Description: The Satisfaction with Life Scale is a 5-item scale that measures general satisfaction with life.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, Or High

The items are scored 1-7 as described below; total score is sum of all 5 items, possible range 5-35.

Strongly Disagree = 1

Disagree = 2

Slightly Disagree = 3

Neither Agree or Disagree = 4

Slightly Agree = 5

Agree = 6

Strongly Agree = 7

Algorithm

Total = 30-35 High Life Satisfaction

Total = 18-29 Moderate Life Satisfaction Feedback

Total = 5-17 Low Life Satisfaction



The Satisfaction with Life Scale

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, choose the response that best describes your level of agreement with each statement. Please be open and honest in your responding

1. In most ways my life is close to my ideal.

1 2 3 4 5 6 7
Strongly Disagree Disagree Slightly Disagree Neither Agree or Disagree Slightly Agree Agree Strongly Agree

2. The conditions of my life are excellent.

1 2 3 4 5 6 7
Strongly Disagree Disagree Slightly Disagree Neither Agree or Disagree Slightly Agree Agree Strongly Agree

3. I am satisfied with life.

1 2 3 4 5 6 7
Strongly Disagree Disagree Slightly Disagree Neither Agree or Disagree Slightly Agree Agree Strongly Agree

4. So far I have gotten the important things I want in life.

1 2 3 4 5 6 7
Strongly Disagree Disagree Slightly Disagree Neither Agree or Disagree Slightly Agree Agree Strongly Agree

5. If I could live my life over, I would change almost nothing.

1 2 3 4 5 6 7
Strongly Disagree Disagree Slightly Disagree Neither Agree or Disagree Slightly Agree Agree Strongly Agree

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