The Satisfaction with Life Scale

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DIRECTIONS: Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

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

______1. In most ways my life is close to my ideal.
______2. The conditions of my life are excellent.
______3. I am satisfied with 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.