

## THE SATISFACTION WITH LIFE SCALE

The Satisfaction with Life Scale (SWLS) assesses a person's satisfaction with their lives as a whole. It measures the cognitive component of Subjective Well-Being (SWB), and provides an integrated judgement of how a person's life is going. The scale has been used in hundreds of studies and has demonstrated good psychometric properties.

### INSTRUCTIONS FOR SCORING

Sum up the number for all 5 statements.

### INTERPRETATION OF SCORES

If you scored 30 and Above: **You are highly satisfied with your life.** Individuals who score in this range love their lives and feel that things are going very well. Their lives are not perfect, but they enjoy the challenges that they face. For most people in this range, life is enjoyable, and the major domains of life are going well – work or school, family, friends, leisure, and personal development.

If you scored between 25 to 29: **You are quite satisfied with your life.** Individuals who score in this range like their lives and feel that things are going very well. Their lives are not perfect, but they may draw motivation from the areas of life that they are dissatisfied with.

If you scored between 20 to 24: **Your score is within the range of average life satisfaction of individuals in economically developed nations.** Individuals in this range are generally satisfied, but have some areas where they would like some improvement. This is normal as most individuals typically seek to improve their life circumstances.

If you scored between 15 to 19: **You are likely to be experiencing significant problems in several areas of your life, or substantial problems in one particular area.** If this is due to recent events, your satisfaction level will likely improve over time. However, if you have been feeling this sense of dissatisfaction with your life over a long period of time, this is a

sign that some changes are in order. This may be a good time to seek the help of others, such as a friend or family member, or a professional counsellor.

If you scored 14 and below: **You are quite dissatisfied with your life.** If this is in response to the occurrence of recent events, your satisfaction level will likely improve over time. However, if you have been feeling this sense of dissatisfaction with your life over a long period of time, this is a sign that significant life changes are in order. Certain areas in your life may not be working out well, such as in your work or in your relationship. This may be a good time to seek the help of others, such as a friend or family member, or a professional counsellor.

#### **AUTHOR(S)**

This scale is developed by psychologists Ed Diener, Robert A. Emmons, Randy J. Larsen, and Sharon Griffin.

#### **KEY REFERENCE**

Diener, E., Emmons, R. A., Larson, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49, 71-75

#### **TIME TAKEN TO COMPLETE**

2 minutes

## THE SATISFACTION WITH LIFE SCALE

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 in the box 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

\_\_\_\_\_ In most ways, my life is close to my ideal.

\_\_\_\_\_ The conditions of my life are excellent.

\_\_\_\_\_ I am completely satisfied with my life.

\_\_\_\_\_ So far, I have gotten the most important things I want in life.

\_\_\_\_\_ If I could live my life over, I would change nothing.

\_\_\_\_\_ **Total**