



The Positivity Institute

RESOURCES

SATISFACTION WITH LIFE SCALE

(Diener, Larson & Griffin, 1985)

The Satisfaction with Life Scale (SWLS) is a commonly used scale in Positive Psychology for measuring overall wellbeing. It's a short questionnaire and provides a "temperature check" of your satisfaction with life at this point in time. The scale has been scientifically shown to be a valid and reliable suitable for use with a wide range of age groups and applications.

Take the test

Be honest and open in your responding. Don't agonise over your answers or overthink it - it should only take about 1 minute to do! Here we go.....

The following are statements you may or may not agree with. Please score each statement by using the 1-7 scale shown to indicate your level of agreement with each item.

- 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 the ideal. | Write your score:___ |
| 2. The conditions of my life are excellent. | Write your score:___ |
| 3. I am satisfied with my life | Write your score:___ |
| 4. So far, I have gotten the things I want in life | Write your score:___ |
| 5. If I could live my life over I would change almost nothing. | Write your score:___ |

SCORING

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

¹ Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.