The Satisfaction with Life Scale

**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

**REFERENCES**
