## Satisfaction with Life Scale

The SWLS is designed to measure global cognitive judgments of satisfaction with one's life.

\_\_\_\_In most ways my life is close to my ideal.

- \_\_\_\_\_The conditions of my life are excellent.
- \_\_\_\_I am satisfied with my life.
- \_\_\_\_So far I have gotten the important things I want in life.

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

- 4 Strongly Agree
- 3 Agree
- 2 Disagree
- 1 Strongly Disagree

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