

The Satisfaction with Life Scale

Please read each statement and indicate your agreement or disagreement by choosing and circling a number from 1 to 7 where 1 is strongly disagree and 7 is strongly agree

		Strongly disagree						Strongly Agree
1	In most ways my life is close to ideal	1	2	3	4	5	6	7
2	The conditions of my life are excellent	1	2	3	4	5	6	7
3	I am satisfied with my life	1	2	3	4	5	6	7
4	So far I have got the important things I want in life	1	2	3	4	5	6	7
5	If I could live my life again, I would change almost nothing	1	2	3	4	5	6	7

Name..... Date:..... Session No.:.....