

Are you satisfied with your life? Take this short quiz and find out.

## Satisfaction With Life Scale (SWLS)

Created by Edward Diener

- 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 my idea. \_\_\_\_\_
2. The conditions of my life are excellent. \_\_\_\_\_
3. I am satisfied with my 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. \_\_\_\_\_

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

So, how satisfied are you? If your score surprises you, or if your score is lower than you thought it would be, perhaps there are barriers to achieving your full happiness and potential. You might consider meeting with a professional counselor to explore some of those barriers and look for ways to put them behind you. Everyone deserves happiness and satisfaction in life. Maybe now is the time to make that happen.