

# Satisfaction with life scale

Question	Completely Disagree	Strongly Disagree	Disagree	Some times	Agree	Strongly Agree	Completely Agree
<i>I am satisfied with my life.</i>	1	2	3	4	5	6	7
<i>If I could have my life over, I would change almost nothing.</i>	1	2	3	4	5	6	7
<i>So far, I have gotten the important things I want in life</i>	1	2	3	4	5	6	7
<i>In most ways my life is close to my ideal.</i>	1	2	3	4	5	6	7
<i>The conditions of my life are excellent.</i>	1	2	3	4	5	6	7

The Satisfaction With Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) was developed as a measure of the judgmental component of subjective well-being (SWB). Two studies designed to validate further the SWLS are reported.

**If you like how this sheet impacts your life after listening to our video you will absolutely love what we can do for you in our EQ training**

