

# Our Happiness

...a? Sure, you may think you know, but this little test will help you keep  
...satisfaction with Life Scale was devised in 1980 by University of Illinois  
...ologist Edward Diener, a founding father of happiness research. Since then the  
... has been used by researchers around the world.

**Read the following five statements. Then use a 1-to-7 scale to rate your level of agreement.**

1	2	3	4	5	6	7
Not at all true			Moderately true		Absolutely true	

- 1 In most ways my life is close to my ideal.**
- 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.**

**Total score** \_\_\_\_\_

**Scoring:** ● 31 to 35: you are extremely satisfied with your life ● 26 to 30: very satisfied ● 21 to 25: slightly satisfied ● 20 is the neutral point ● 15 to 19: slightly dissatisfied ● 10 to 14: dissatisfied ● 5 to 9: extremely dissatisfied