

Measure Your Happiness

How happy are you? Sure you may think you know but this little test will help you keep score. The Satisfaction with Life scale was devised in 1989 by university of Illinois psychologist Edward Diener, a founding father of happiness research. Since then the scale has been used by researchers around the world.

Read the following five statements. Then use a 1-7 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 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: 31-35: you are extremely satisfied with your life

26-30: very satisfied

21-25: slightly satisfied

20 is the neutral point

15-19: slightly dissatisfied

10-14: dissatisfied

5-9: extremely dissatisfied