

Life Satisfaction Questionnaire

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Listed below is a set of statements that have been made about things that may relate to life satisfaction. For each, indicate how much you personally think it is important, and also how satisfied you are in that area. **Circle** any that have changed recently or soon may change.

| I think this is important to my happiness. 1 = not at all. 5 = very much. | Statement about possible component of life satisfaction, or possible factor associated with life satisfaction. <i>Happy people...</i> | I am satisfied with this area of my life. 1 = not at all. 5 = very much. |
|---|--|--|
| 1 2 3 4 5 | 1. have a reasonable level of financial security. | 1 2 3 4 5 |
| 1 2 3 4 5 | 2. are in generally good health. | 1 2 3 4 5 |
| 1 2 3 4 5 | 3. have a high level of "activity": they are involved in many activities. | 1 2 3 4 5 |
| 1 2 3 4 5 | 4. have a high level of "community": they are involved with others in social interactions. | 1 2 3 4 5 |
| 1 2 3 4 5 | 5. are "fulfilled": they have achieved (or are achieving) personally meaningful goals. | 1 2 3 4 5 |
| 1 2 3 4 5 | 6. are "successful": they have accomplished things our society defines as "success." | 1 2 3 4 5 |
| 1 2 3 4 5 | 7. have a high level of self-esteem: happy people like themselves. | 1 2 3 4 5 |
| 1 2 3 4 5 | 8. have a high level of personal control: happy people believe they choose their own destinies. | 1 2 3 4 5 |
| 1 2 3 4 5 | 9. are optimistic: happy people are hope-filled and see the positive side of things. | 1 2 3 4 5 |
| 1 2 3 4 5 | 10. are extroverted: happy people are outgoing and social; they enjoy interacting with others. | 1 2 3 4 5 |
| 1 2 3 4 5 | 11. have realistic goals and expectations. | 1 2 3 4 5 |
| 1 2 3 4 5 | 12. set some overall life goal that is challenging, and succeed in reaching it. | 1 2 3 4 5 |
| 1 2 3 4 5 | 13. set themselves some small challenge each day, and generally succeed in reaching it. | 1 2 3 4 5 |
| 1 2 3 4 5 | 14. have developed a sense of acceptance, and are comfortable with what is instead of wanting things to be different. | 1 2 3 4 5 |
| 1 2 3 4 5 | 15. have supportive relationships that allow companionship and confiding. | 1 2 3 4 5 |
| 1 2 3 4 5 | 16. have challenging work and active leisure. | 1 2 3 4 5 |
| 1 2 3 4 5 | 17. have a faith that entails communal support, purpose, and hope. | 1 2 3 4 5 |
| 1 2 3 4 5 | 18. feel they have a compelling future. | 1 2 3 4 5 |
| 1 2 3 4 5 | 19. feel their life has meaning and direction. | 1 2 3 4 5 |
| 1 2 3 4 5 | 20. have attained several of the long-term goals that were important to them. | 1 2 3 4 5 |
| 1 2 3 4 5 | OTHER (specify): | 1 2 3 4 5 |