

## Ready to see where you are on the Scale of Life Satisfaction?

11 quick questions, used as a tool in cognitive behavioural therapy, to give yourself a life satisfaction check. Simply indicate on a scale of 1 to 7 the extent to which each statement describes you.

1. I am fully engaged in my life, and living to the fullest. 1 = strongly disagree, 7 = absolutely

1 2 3 4 5 6 7

2. Generally speaking, I consider myself a very happy person. 1 = strongly disagree, 7 = absolutely

1 2 3 4 5 6 7

3. Compared to most people, I would consider myself..... 1 = less happy, 7 = more happy

1 2 3 4 5 6 7

4. Many people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterisation describe you?  
1 = a great deal, 7 = not at all

1 2 3 4 5 6 7

5. Generally speaking, my thoughts are positive. 1 = strongly disagree, 7 = absolutely

1 2 3 4 5 6 7

6. I am optimistic that I have a positive future. 1 = strongly disagree, 7 = absolutely

1 2 3 4 5 6 7

7. I am peace with my personal shortcomings. 1 = strongly disagree

1 2 3 4 5 6 7

8. I may struggle from time to time, but overall I enjoy my life. 1 = strongly disagree, 7 = absolutely

1 2 3 4 5 6 7

9. To what extent does the following characterisation describe you? I am in control of my future. 1 = not so much, 7 = absolutely

1 2 3 4 5 6 7

10. To what extent does the following characterisation describe you? I am in control of my feelings. 1 = not so much, 7 = absolutely

1 2 3 4 5 6 7

11. To what extent does the following characterisation describe you? I am in control of my actions. 1 = not so much, 7 = absolutely

1 2 3 4 5 6 7

**Total Your Score.** 77 is the highest possible score and 11 is the lowest possible score. A score of 38 to 50 indicates a fair degree of life satisfaction. A score of 50 and above indicates a fairly high degree of life satisfaction. A score below 38 indicates a fairly low degree of life satisfaction.

\*To score the assessment total the value of the eleven questions.

My total score is \_\_\_\_\_

Describe one action you can begin taking today that would potentially raise your level of life satisfaction.

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