

Satisfaction With Life Scale

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 1 = strongly disagree
- 2 = disagree
- 3 = neither agree nor disagree
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

___ 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.

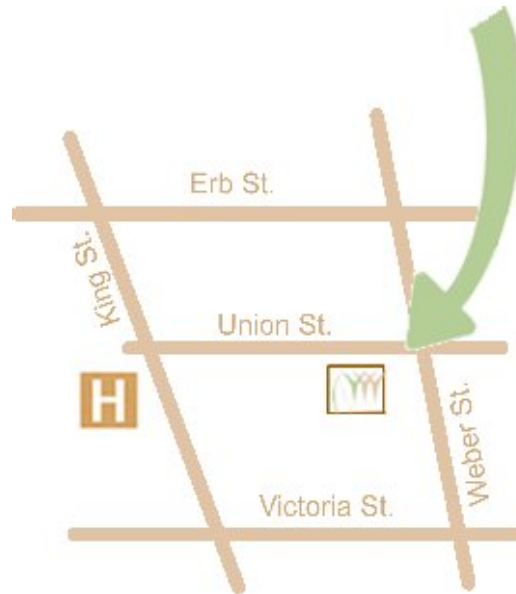
___ 5. If I could live my life over, I would change almost nothing.

___ **Total Score**

Please see inside for results.



- Naturopathic Doctors
- Chiropractic Doctors
- Registered Massage Therapy
- Registered Clinical Counselling



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Counselling Services



Life Satisfaction Survey

How Satisfied Are You?

Provided By:
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Satisfaction with Life Scores

30-35 Extremely satisfied, much above average.

25-29 Very satisfied, above average.

20-24 Somewhat satisfied, average for American adults

15-49 Slightly dissatisfied, a bit below average

10-14 Dissatisfied, clearly below average

5-9 Very dissatisfied, much below average.

Reference:

Diener, E., Emmons, R., Larsen, J., & Griffin, S. (1985) The Satisfaction With Life Scale. *JU Personality Assessment* 49(1), 71-75.

Emotions and Satisfaction With Lifestyle

People who have a high level of Emotional Intelligence often experience more success in their personal and professional lives, thereby having a higher level of lifestyle satisfaction.

Emotional Intelligence refers to the ability to recognize and manage your emotions as they are happening, as well as being aware of how other people are feeling and how you interact with others.

Fortunately, Emotional Intelligence is a skill that can be increased if you choose to do so.

Why Build This Skill?

- Make Good Decisions that Support Your Goals
- Control Impulses that Lead to Negative Outcomes
- Feel Like You Have Control Over your Choices and Life Instead of Constantly Reacting
- Have Happier, Healthier Relationships

Emotional Intelligence Appraisal

The Emotional Intelligence Appraisal is a 28 question tool that breaks down Emotional Intelligence into four skill areas; 1. Self-Awareness, 2. Self-Management, 3. Social Awareness, 4. Relationship Management.

Working with a counsellor to help coach you as you develop these skills is an excellent way to increase your overall satisfaction with life.

If you feel that you would like to improve an area of your life, but have been struggling to create long-term change, then this may be what can help you meet that goal.

If you would like to explore how Emotional Intelligence can benefit you, please book an appointment with Charlene Richard, M.S.W., at 519-743-2480 or charlene_richard@thenaturalwayclinic.com