

Brief Multidimensional Students' Life Satisfaction Scale (BMSLSS)

Student: _____ Date: _____
 Teacher: _____

Instructions: We would like to know what thoughts about life you've had *during the past several weeks*. Think about how you spend each day and night, and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from **1** to **7**, where **1** indicates you feel **terrible** about that area of life and **7** indicates you are **delighted** with that area of life.

	Terrible	Unhappy	Mostly dissatisfied	Mixed (about equally satisfied and dissatisfied)	Mostly satisfied	Pleased	Delighted
1. I would describe my satisfaction with my <i>family life</i> as:	1	2	3	4	5	6	7
2. I would describe my satisfaction with my <i>friendships</i> as:	1	2	3	4	5	6	7
3. I would describe my satisfaction with my <i>school experience</i> as:	1	2	3	4	5	6	7
4. I would describe my satisfaction with <i>myself</i> as:	1	2	3	4	5	6	7
5. I would describe my satisfaction with <i>where I live</i> as:	1	2	3	4	5	6	7
6. I would describe my satisfaction with my <i>overall life</i> as:	1	2	3	4	5	6	7

From *Promoting Student Happiness: Positive Psychology Interventions in Schools* by Shannon M. Suldo. Copyright © 2016 The Guilford Press. Permission to photocopy this material is granted to purchasers of this book for personal use or use with individual students (see copyright page for details). Purchasers can download additional copies of this material (see the box at the end of the table of contents).