

# THE LIFE SATISFACTION QUESTIONNAIRE

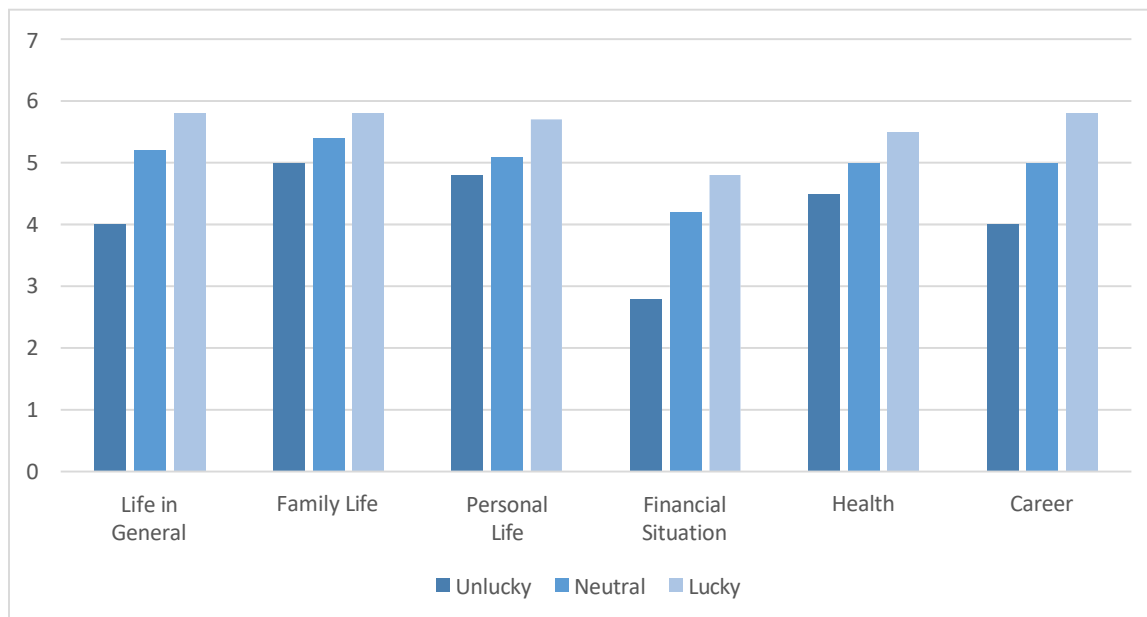
## Scoring

Previous work using this type of questionnaire has found that people's level of life satisfaction is relatively stable over time and is related to their levels of happiness and quality of life.

Add up your scores and then use the scale below to discover whether your level of life satisfaction is low, medium or high.

- Low scores are between 6 and 26.
- Medium scores are between 27 and 32.
- High scores are between 33 and 42.

During the research conducted by Dr. Wiseman, he gave this questionnaire to approximately two hundred people who think themselves as either more lucky people, more unlucky people, or neutral people. The results are shown in the graph below. People who think of themselves as more lucky people are far more satisfied with all areas of their life than people who think of themselves as more unlucky or neutral people. People who think of themselves as unluckier were consistently the most dissatisfied.



**Note:** Adapted from *The Luck Factor* by Richard Wiseman