**Instructions:**

Please respond to each question or statement by marking one box per row. Indicate how much you agree or disagree...

1. I am satisfied with my education.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

2. I am satisfied with my present job or work.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

3. I am satisfied with my well-being from spiritual, religious, or philosophical beliefs.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

4. I am satisfied with my housing.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

5. I am satisfied with my family life.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

6. I am satisfied with my health.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

7. I am satisfied with my friends and social life.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

8. I am satisfied with my neighborhood overall.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

9. I am satisfied with my ability to help others.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

10. I am satisfied with my achievement of my goals.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

11. I am satisfied with my leisure.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

12. I am satisfied with my physical safety.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

13. I am satisfied with my energy level.

\_ 1. Not at all \_ 2. A little bit \_ 3. Somewhat \_ 4. Quite a bit \_ 5. Very much

**Reference:**

Salsman JM, Lai JS, Hendrie HC, Butt Z, Zill N, Pilkonis PA, Peterson C, Stoney CM, Brouwers P, Cella D. Assessing psychological well-being: self-report instruments for the NIH Toolbox. Qual Life Res. 2014 Feb;23(1):205-15