Packet 1
First we have some general questions about your life.

Taking all things together, how satisfied are you with your life as a whole these days? Are you (please check one)

__ very satisfied,     __ satisfied,     __ not very satisfied,     __ not at all satisfied?

Now we would like to know how you feel and what is your mood in general. Overall, what percentage of the time are you (please fill all blanks)

in a bad mood......................... ____%
a little low or irritable.................... ____%
in a mildly pleasant mood .......... ____%
in a very good mood ...................... ____%

Sum     100%
Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each statement by circling the appropriate number on the 7-point scale.

“In most ways my life is close to my ideal.”

<table>
<thead>
<tr>
<th>strongly disagree</th>
<th>disagree</th>
<th>slightly disagree</th>
<th>neither agree nor disagree</th>
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“The conditions of my life are excellent.”

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“I am satisfied with my life.”

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“So far I have gotten the important things I want in life.”

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“If I could live my life over, I would change almost nothing.”

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Overall, how satisfied are you with your present job? Are you

 __ very satisfied, __ satisfied, __ not very satisfied, __ not at all satisfied?

We would also like to know how you feel and what is your mood when you are at work. When you are at work, what percentage of the time are you

 in a bad mood..........................____%

 a little low or irritable...............____%

 in a mildly pleasant mood..........____%

 in a very good mood..................____%

 Sum 100%
Next, we would like to ask for some background information about you, for statistical purposes.

1. What year were you born? _______

2. What is the highest level of education you have completed?
   - __ Some high school or less
   - __ High school diploma or equivalent
   - __ Some college
   - __ College diploma
   - __ Some graduate school
   - __ Graduate degree

3. What is your current family status? Are you currently married, living with a significant other, separated, divorced, widowed, or single and never married?
   - __ Married
   - __ Living with significant other, but not married
   - __ Separated
   - __ Divorced
   - __ Widowed
   - __ Single and never married

4. Do you live with your parents?    ___ Yes    ___ No

5. Do you share a home with a spouse or significant other?    ___ Yes    ___ No

6. If you have biological children who live with you, please list their ages: __________________________

7. If your spouse or partner has separate children who live with you, please list their ages: 
   __________________________

8. If you have biological children who do not live with you, please list their ages:
   __________________________
9. Which of the following categories best describes you?

___ African American
___ Hispanic
___ Caucasian
___ Asian American
___ Native American
___ South Asian/Indian Subcontinent
___ Multi-racial
___ Other, please specify: ____________________________________

10. What is your occupation?

________________________________________________________________

11. What is your total annual household income?

___ $10,000 or less
___ $10,001 - $20,000
___ $20,001 - $30,000
___ $30,001 - $40,000
___ $40,001 - $50,000
___ $50,001 - $60,000
___ $60,001 - $70,000
___ $70,001 - $80,000
___ $80,001 - $90,000
___ $90,001 - $100,000
___ more than $100,000
Thank You.

You have completed Packet 1.

Please return it to the envelope and open Packet 2.