

The PERMA Model

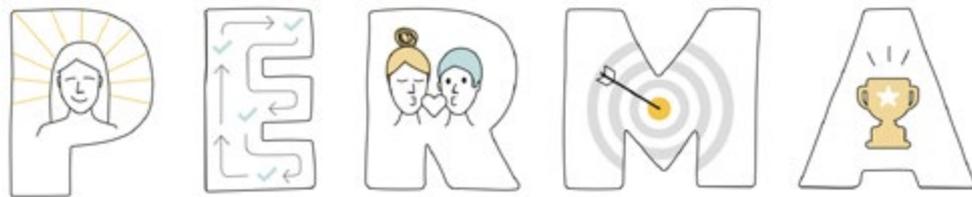
P - Positive Emotion. Feeling good, positive emotions, optimism, pleasure and enjoyment.

E - Engagement. Fulfilling work, interesting hobbies, “flow.”

R - Relationships. Social connections, love, intimacy, emotional and physical interaction.

M - Meaning. Having a purpose, finding a meaning in life.

A - Accomplishments. Ambition, realistic goals, important achievements, pride in yourself.



How to Apply the PERMA Model to Your Life

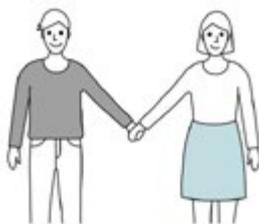
Remember to adopt a positive perspective as often as you can.



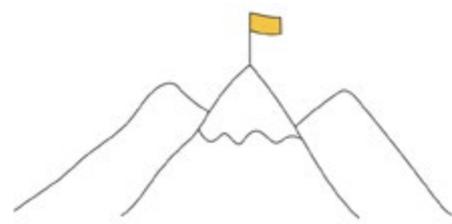
Find the things that make you happy and engaged.



Focus on your relationships with family and friends, and find ways to connect.



Search for meaning and lead a life of purpose.



Savor your accomplishments and strive for further achievement.

