# How Is My PERMAH Today?













#### POSITIVE **EMOTION**

the right balance of heartfelt positivity to boost our resilience

## **ENGAGEMENT**

the regular development of our strengths those things we're good at and enjoy doing

#### RELATIONSHIPS

the creation of authentic. energizing connections

#### MEANING

a sense of connection to something bigger than ourselves

#### **ACCOMPLISHMENT**

the belief and ability to do the things that matter most to us

#### **HEALTH**

eating well, moving regularly. sleeping deeply

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You need to have a foundational understanding of Positive Psychology which includes the PERMAH construct and character strengths, to work on this document. It takes time to build this understanding. A second advice is to start with just one of the PERMAH pillars to get a feel for the self-reflection process needed to complete the chart below. Once you get a feel for the process, you can then move on to add information under more PERMAH pillars.

Use my **PERMAH Today** chart below to list how you are currently living within the PERMAH pillars. This means listing which actions you are taking and which Character Strengths you are engaging within each pillar, along with your interests, talents, and CliftonStrengths (or other self-inventory of your choice) in how they support your growth within each PERMAH category.

What **supports**, as in people, actions, activities, habits, etc., help you engage within each pillar? While we look at PERMAH in constructive, forward-moving ways, you can also list current people, actions, activities, habits, etc., that detract from each pillar. You can specifically list which signature Character Strengths are limited or blocked in their application.

Complete this reflection by rating how well you engage within each PERMAH pillar. You can design your rating scale to total your points to see where you are with your wellness. If you are not thriving, you could design and implement a personal wellness plan to raise your scores!

# My PERMAH Today>

	Р	E	R	М	Α	Н
Interests, Talents, CliftonStrengths You Are Engaging						
Character Strengths You Are Engaging						
Supports- people, actions, activities, habits						

Detractors- people, actions, activities, habits			
Rate How You Are Engaging in Each Pillar (1 = Low and 5 = High)			
Total your scores and set a range for each level of wellness. Example>			
Thriving = 23-30			
Well = 17-22			
Struggling = Below 17			

**Image Source**