

How Is My PERMAH Today?



CLICK "FILE → MAKE A COPY" TO ADD A COPY TO YOUR GOOGLE DRIVE

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>

	P	E	R	M	A	H
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](#)