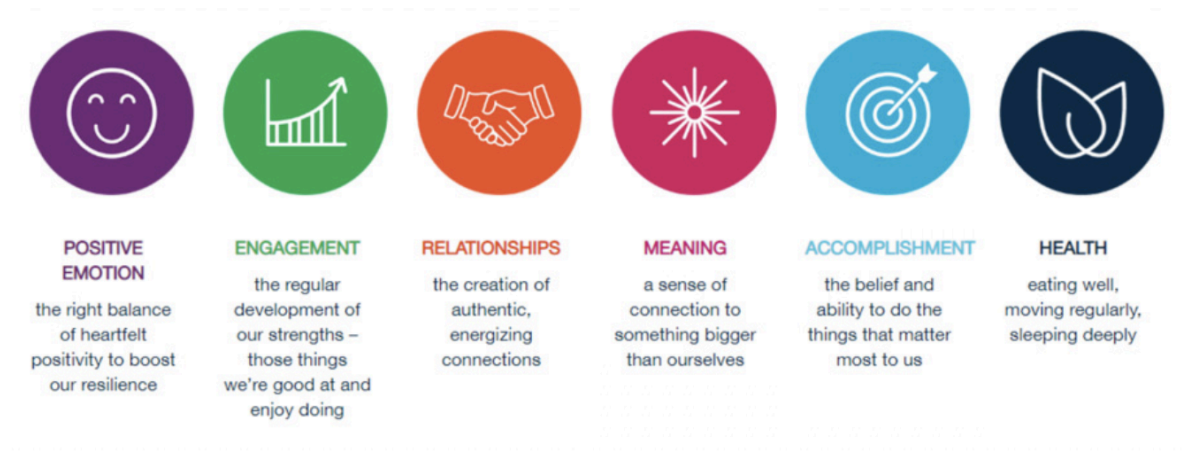


## How Is the **A** of My PERMAH Today & Tomorrow?



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It helps 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.

### Directions:

Step 1> *Reflection*: Fill in the chart below with your current unhealthy thoughts & actions, your constructive thoughts & actions and the character strengths you are currently engaging within this PERMAH pillar. Look to gather insights from **family and friends** for what you might not be seeing in yourself.

### Current Status - Today

Unhealthy Thoughts & Actions	Constructive Thoughts & Actions	Current Engaged Character Strengths

Step 2> *Planning*. Fill in the chart below adapted from the [WOOP](#) goal setting construct focusing just on this one PERMAH pillar. Again, look to gather insights from family and friends to help you pull information from the first chart to complete this second one. Definitely go to the [WOOP Practice](#) tool page to practice walking through a WOOP goal-setting session.

### Future Status - Tomorrow

Wish	Outcome	Obstacles	Plan
You can have a broad wish to of course engage more fully in this pillar and/or you can have multiple wishes for specific aspects of this pillar.	Think in terms of a continuum of outcomes from easy to more difficult to reach. One key to forming <b>new habits</b> is to start small and build up the practice(s) over time. Ultimately, what is (are) the best outcome(s) of your wish(es)?	What is it within you that holds you back from fulfilling your wish(es)?  How can you reach within yourself to overcome external obstacles?	Name actions and/or thoughts including <a href="#">Character Strengths</a> that you can apply to overcome your obstacle(s). Record in an if obstacle/then I will statement.  Timeframe> Character Strengths to Engage> Partners for Support>

[Image Source](#)