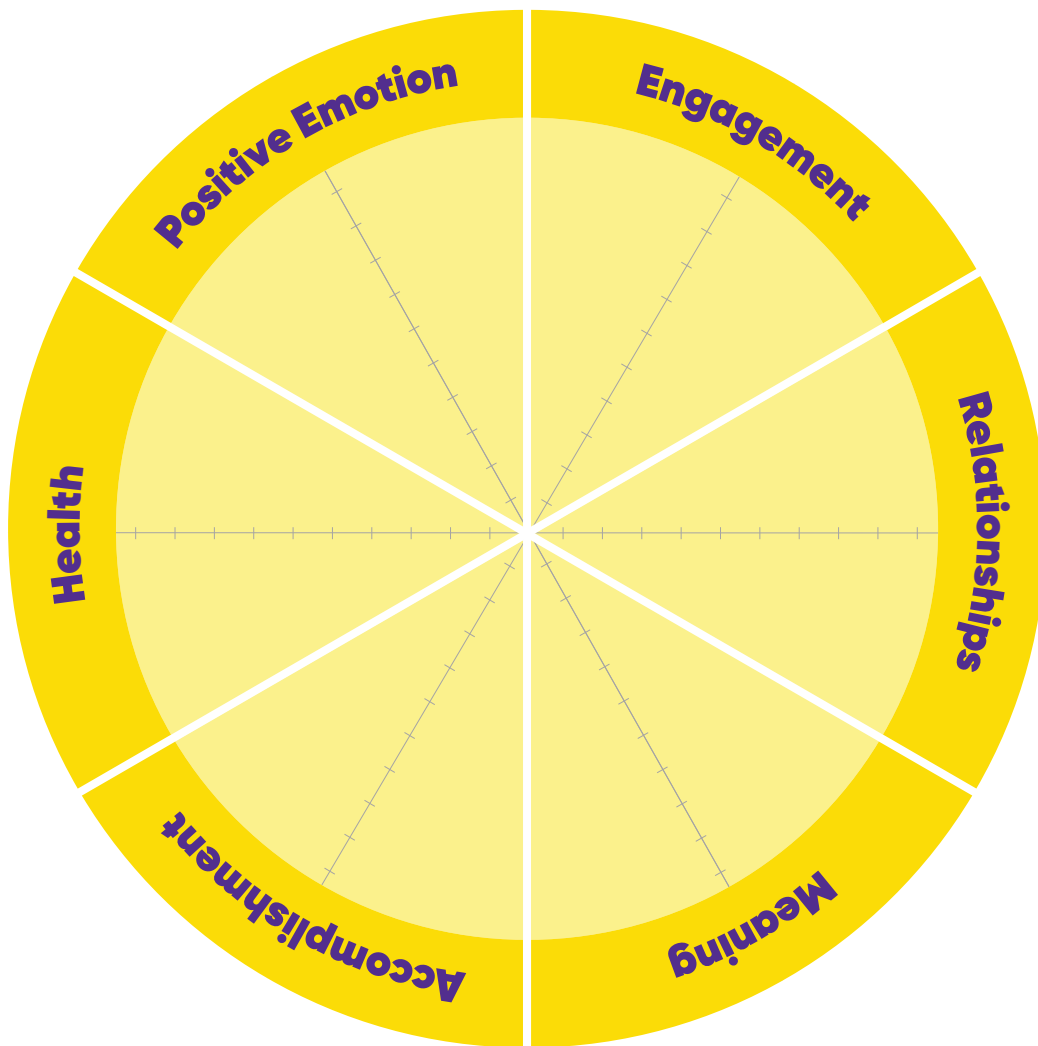


PERMAH

Essential pathways to flourishing



Instruction:

In each section of the PERMAH Wheel, circle where you would place yourself currently on a scale of 1-10, with 10 representing the most positive rating and being closest to the outer circle.

★ Positive Emotion

Experiencing positive emotions more frequently than negative emotions.

★ Engagement

Experiencing a state of flow where skills, strengths and challenge perfectly meet.

★ Relationships

Experiencing positive, quality relationships and a sense of belonging.

★ Meaning

Experiencing a sense of purpose, fulfilment and alignment with core values.

★ Accomplishment

Experiencing achievement and growth via the pursuit of meaningful goals.

★ Health

Prioritising exercise, a healthy nutritious diet, sleep, and mindfulness.

