

P E R M A



Positive Emotions

Experiencing joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love.

Tip: Cultivate positivity by practicing gratitude and mindfulness.



Engagement

Being deeply involved and absorbed in activities, utilizing one's strengths and talents.

Tip: Identify activities that challenge and engage you, leading to a state of flow..



Relationships

Building strong, positive connections with others, fostering love, intimacy, and a sense of belonging.

Tip: Invest time and energy in nurturing relationships.



Meaning

Belonging to and serving something bigger than oneself.

Tip: Explore what gives you purpose and connect with community or spiritual groups.



Accomplishments

Pursuing success, mastery, and achievement for its own sake.

Tip: Set realistic goals and take pride in your achievements, no matter how small..