

PERMA

model of happiness

Seligman, M(2011) Flourish: A visionary New Understanding of happiness & well-being, Free Press N.Y. CW

P

gratitude
love
Positive Feelings
hope
happiness
Joy

E

Engagement

Deeply engage with things you enjoy... be 'in the moment'; create flow & have blissful enjoyment.

R

Connect with others

Relationships

Love & be loved

healthy relationships are CARE to a flourishing life.

M

Find what truly inspires you!

Connect to Meaning

find your Purpose

Purpose

A

pursue & accomplish things

STRIVE FOR GREATNESS

Achievement

Stretch yourself with goals that challenge