



Wellbeing and PERMA

In Positive Psychology, there is the concept of balance and wellbeing. I have found it to be helpful personally and for clients to explore this concept:

<https://www.livehappy.com/science/resources/what-perma>

<https://positivepsychology.com/perma-model/>

PERMA (**P**ositive Emotion, **E**ngagement, **R**elationships, **M**eaning, **A**chievement) is an acronym that stands for the five elements developed by Martin Seligman that account for what makes up the “good life” – an authentic and sustained happiness and well-being. No one element defines well-being, but each contribute, either subjectively or objectively.

If you would like to take an online version of the PERMA survey, you can go here:

<https://permahsurvey.com/>

There is a good report that you will receive for free and you can see a sample of it on the website.

A reminder that you are not obliged to do the PERMA survey – it is an offering for more self-discovery if you feel it may be of value.

Any questions, please let me know.