**PERMA WORKSHEET**

Individually, or as a family, fill in the boxes.

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| **P=POSITIVE EMOTIONS**  (List positive emotions & when you feel them) | **E=ENGAGEMENT**  (How do you experience Flow or being in the zone?) | **R=RELATIONSHIPS**  (What positive relationships do you have? What can you do to make the relationships better?) |
| **M=MEANING**  (What do you do that gives you purpose?) | **A=ACHIEVEMENT**  (What are you good at? How can you do more of that?) | **BONUS QUESTION:**  **Look at your PERMA answers. What gets in the way of achieving them? What are some solutions?** |