**PERMA WORKSHEET**

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

|  |  |  |
| --- | --- | --- |
| **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?** |