- P Positive Emotion. Feeling good, positive emotions, optimism, pleasure and enjoyment.
- E Engagement. Fulfilling work, interesting hobbies, "flow."
- R Relationships. Social connections, love, intimacy, emotional and physical interaction.
- M Meaning. Having a purpose, finding a meaning in life.
- A Accomplishments. Ambition, realistic goals, important achievements, pride in yourself.



## How to Apply the PERMA Model to Your Life

Remember to adopt a positive perspective as often as you can.



Focus on your relationships with family and friends, and find ways to connect.



Savor your accomplishments and strive for further achievement.









Find the things that make you happy and engaged.



Search for meaning and lead a life of purpose.



