

PERMA Spotting

P.E.R.M.A. is an acronym for the five elements developed by Martin Seligman that lead to “well-being”. No one element defines well-being, but each contributes to it.

Can you look back on your experience this evening and match up moments with concepts from PERMA? Please take some time to fill in the chart below with your answers.

Positive Emotion (P): Kindness, gratitude, hope, contentment, satisfaction, pleasure, inspiration, and curiosity are all positive emotions that contribute to well-being.

Engagement (E): When we are engaged in a situation, task, or project, we experience a state of flow. Time seems to stop, we lose our sense of self, and we concentrate intensely on the present.

Positive Relationships (R): We are "social beings" and need to connect with one another.

Meaning (M): Meaning comes from serving something bigger than ourselves.

Accomplishment/Achievement (A): Having goals and meeting them improves our sense of well-being and contributes to flourishing.