

ADAPTED FROM THE WORK OF MARTIN SELIGMAN & APPLIED POSITIVE PSYCHOLOGY

PERMA Quality of Life Inventory

FEELING “OFF” BUT NOT SURE WHY?

CHECK IN ON THESE FIVE PILLARS OF HUMAN WELLBEING

Positive emotion

What things, people, activities, etc. bring you joy, gratitude, hope, pride, amusement, inspiration, or awe?

How I'm meeting this need day-to-day:

No concerns Room to grow Area of focus

Engagement

What are you doing when it feels like time is flying and the ego seems to fall away?

How I'm meeting this need day-to-day:

No concerns Room to grow Area of focus

Relationships

With whom do you feel a sense of belonging regardless of how you show up? For whom do you feel compelled to care?

How I'm meeting this need day-to-day:

No concerns Room to grow Area of focus

Meaning

When do you engage in altruistic care work driven by compassion rather than obligation?

How I'm meeting this need day-to-day:

No concerns Room to grow Area of focus

Achievement

What activities foster a sense of competence, efficacy, or pride, looping back into motivation to continue doing them?

How I'm meeting this need day-to-day:

No concerns Room to grow Area of focus