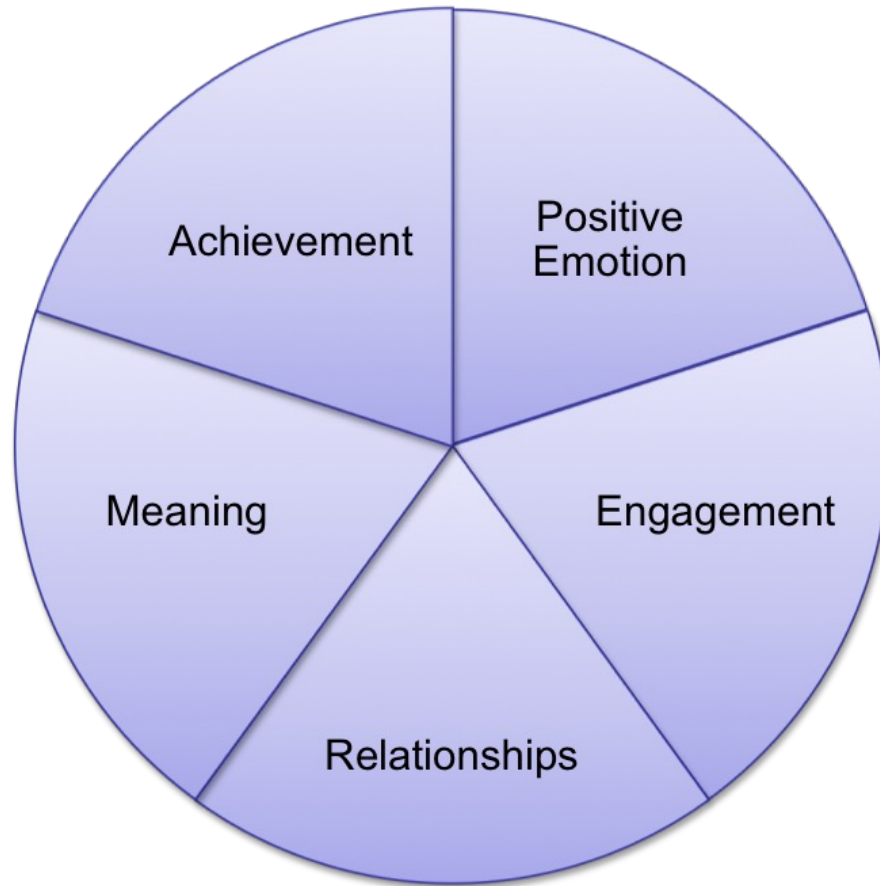


How's Life?

PERMA self-coaching tool



5 pillars of
psychological
wellbeing...



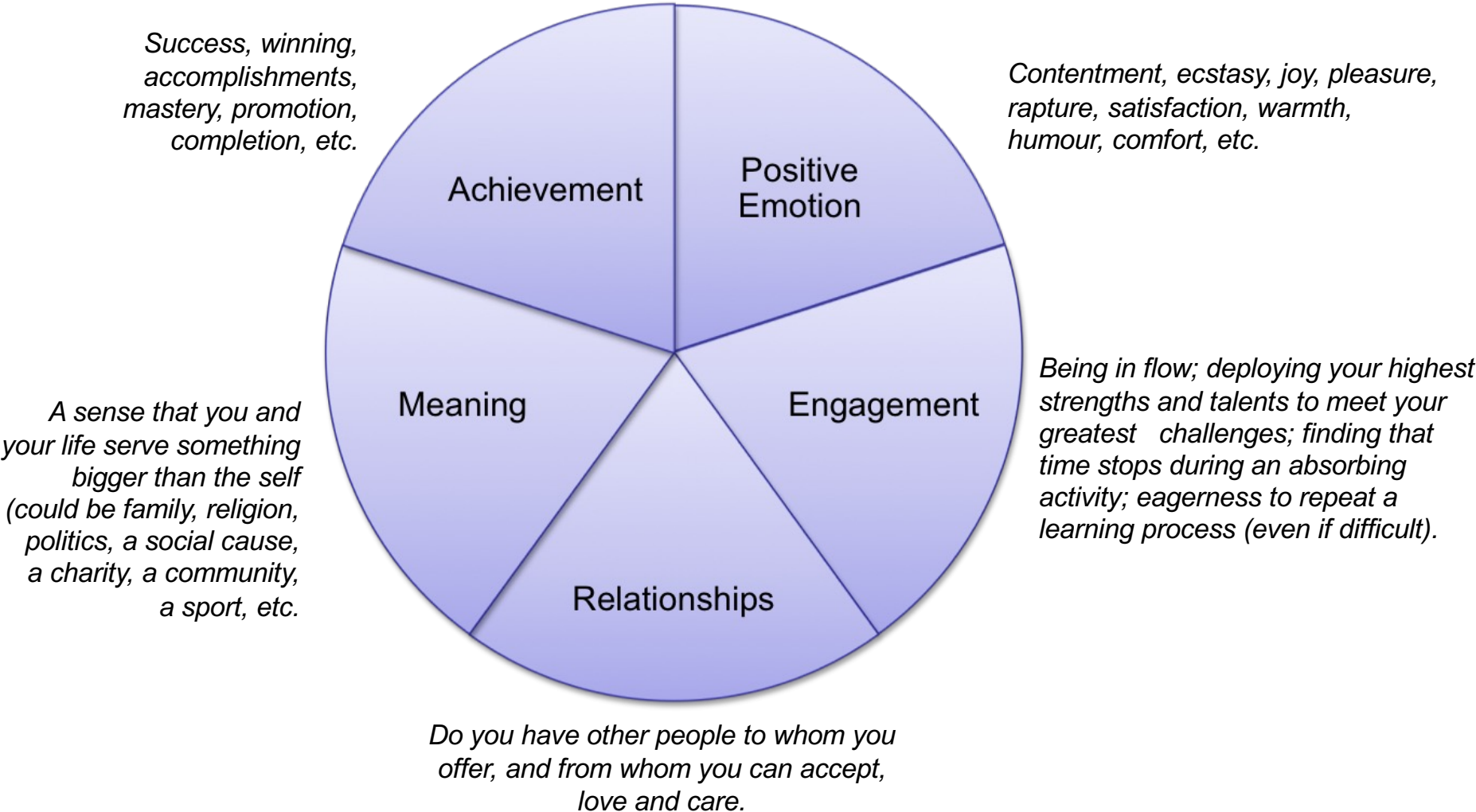
...and
2 pens



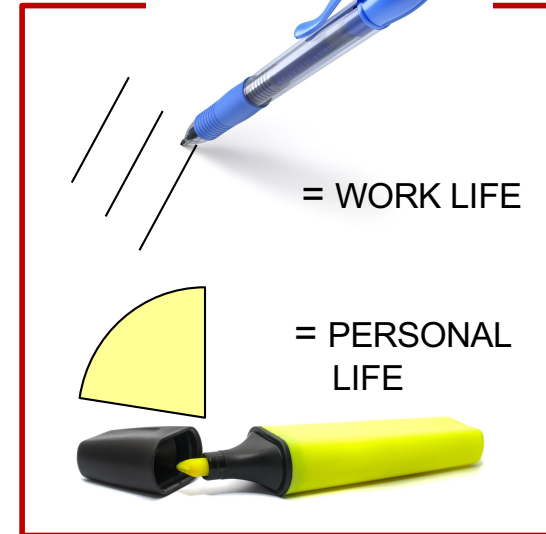
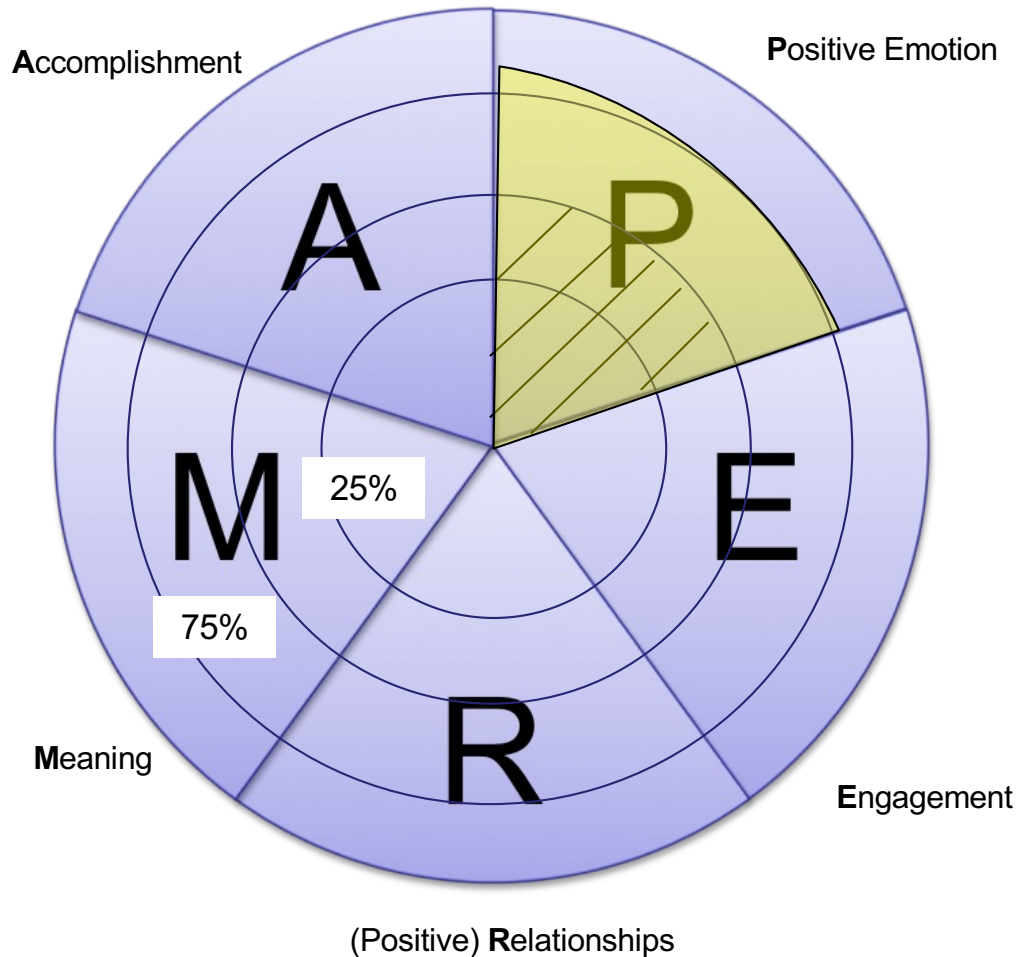


PERMA WHEEL

Definitions of the 5 pillars of psychological wellbeing



PERMA WHEEL Instructions



Colour in your fulfilment level in each section for your work and personal life. The rings represent:

- 25%
- 50%
- 75%
- 100%



PERMA WHEEL WORKSHEET.

(Print and colour this page based on your reflections on your work and personal life)

Achievement

Positive Emotion

Engagement

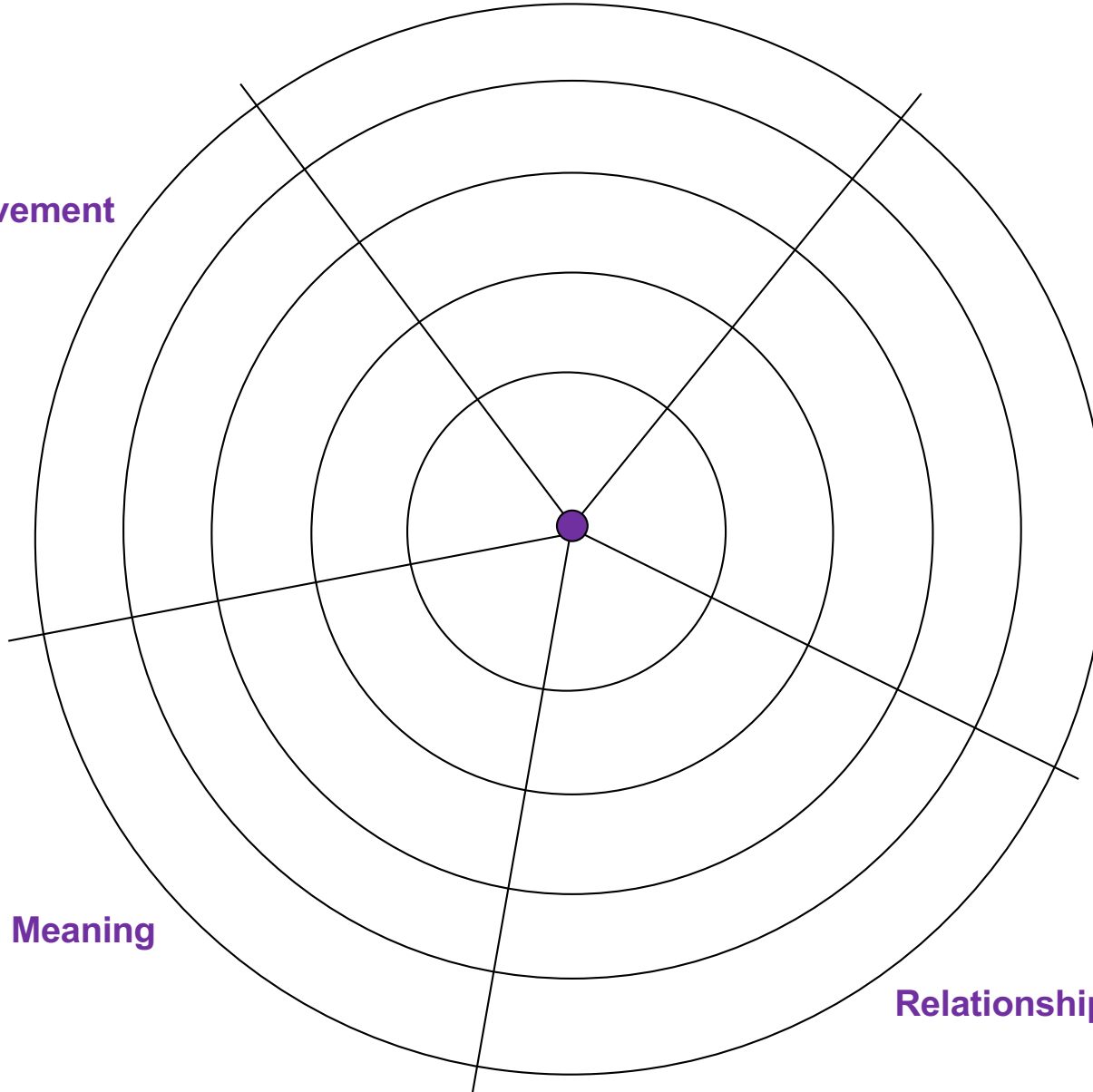
Relationships

Meaning

Self-reflection:

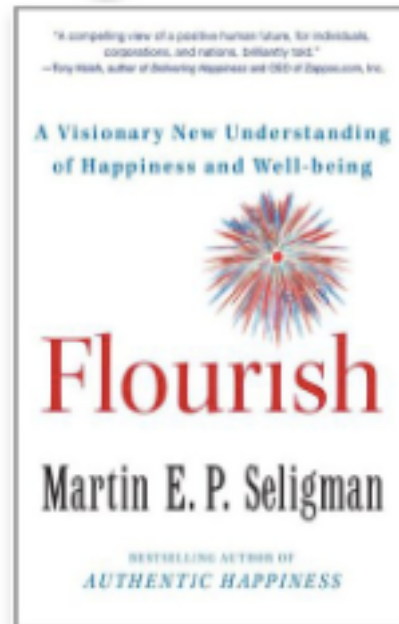
- *What shape is my work wheel - smooth or uneven?*
- *Is the wheel small or large?*
- *How about my personal life wheel?*
- *When I look at them separately what do I feel and think?*
- *What's my wheel like when I overlay both colours?*
What could I do in each domain to shape my wheel the way I want it?

*If you'd like some support to interpret and work on your wheel, just let us know:
clientservice@dramdiff.com*





Further reading:




Want to Read

Rate this book
★★★★★

Flourish: A Visionary New Understanding of Happiness and Well-Being

by Martin E.P. Seligman

★★★★☆ 3.84 ·  Rating details · 3,961 Ratings · 353 Reviews

“This book will help you flourish.” With this unprecedented promise, internationally esteemed psychologist Martin Seligman begins *Flourish*, his first book in ten years—and the first to present his dynamic new concept of what well-being really is. Traditionally, the goal of psychology has been to relieve human suffering, but the goal of the Positive Psychology movement, which Dr. Seligman has led for fifteen years, is different—it’s about actually raising the bar for the human condition. *Flourish*

