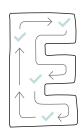


- P Positive Emotion. Feeling good, positive emotions, optimism, pleasure and enjoyment.
- E Engagement. Fulfilling work, interesting hobbies, "flow."
- R Relationships. Social connections, love, intimacy, emotional and physical interaction.
- M Meaning. Having a purpose, finding a meaning in life.
-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









Find the things that make you happy and engaged.





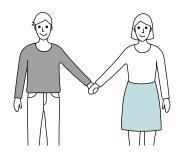
Search for meaning and

lead a life of purpose.





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



Savor your accomplishments and strive for further achievement.



