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PERMA-Survey

**HOW HAPPY ARE
YOU NOW?**

created by **SHANNEN VAN DER KRUK**

How Happy Are You Now?

Measuring Your Happiness With PERMA

In 1998, Dr. Marting Seligman wanted to shift the focus in psychology from mental illness and pathology to studying what is good and positive in life.

From this point in time, theories and research examined positive psychology interventions that help make life worth living and how to define, quantify, and create well-being [1].

In developing a theory to address this, Seligman [2] selected five components that people pursue that contribute to well-being:

P - Positive emotion

E - Engagement

R - Relationships

M - Meaning

A - Accomplishment

Research has shown significant positive associations between each of the PERMA components and physical health, vitality, job satisfaction, life satisfaction, and commitment within organisations [3].

Positive emotion

Positive emotions are a prime indicator of flourishing, and can be cultivated or learned to improve wellbeing [4]. They include hope, interest, joy, love, compassion, pride, amusement, and gratitude.

When people can integrate positive emotions into daily life, it improves habitual thinking and acting, and helps build physical, intellectual, psychological, and social resources that lead to resilience and overall wellbeing. Positive emotions can undo the harmful effects of negative emotions and promote resilience [5].

Ways to build positive emotion may include:

- Spending time with people you care about [6]
- Doing activities that you enjoy [7]
- Listening to music [8]
- Reflecting on things you are grateful for and what is going well in your life [9]

Engagement

Engagement occurs when the perfect combination of challenge and skill or strength is found [10]. It is in line with Csikszentmihalyi's concept of "flow."

Flow includes the loss of self-consciousness and complete absorption in an activity; it is living in the present moment and focusing entirely on the task at hand.

People are more likely to experience flow when they use their top character strengths. Research on engagement has found that individuals who try to use their strengths in new ways each day for a week were happier and less depressed after six months [11].

Ways to increase engagement:

- Participate in activities that you really love, where you lose track of time when you do them [12]
- Practice living in the moment, even during daily activities or mundane tasks [13]

Relationships

Relationships refer to feeling supported, loved, and valued by others. Many people have a goal of improving relationships with those they are closest to.

Research has demonstrated that sharing good news or celebrating success fosters strong bonds and better relationships [14].

To build relationships, you can:

- Join a class or group that interests you
- Get in touch with people you have not spoken to or connected with in a while
- Create friendships with people you are acquainted with

Meaning

People want to have a sense of value and worth, and as a result, many search for meaning. Seligman discussed meaning as belonging and/or serving something greater than ourselves.

Having a purpose in life helps individuals focus on what is really important in the face of significant challenge or adversity.

We can build meaning through:

- Getting involved in a cause or organization that matters to you by e.g., volunteering
- Trying new activities
- Thinking about how you can use your passions to help others
- Spending quality time with people you care about.

Accomplishment

A sense of accomplishment is a result of working toward and reaching goals, and can create a sense of pride as a result.

Achieving intrinsic goals, such as growth and connection, leads to larger gains in wellbeing than external goals, such as money or fame.

We can build accomplishment by:

- Reflecting on past successes
- Looking for creative ways to celebrate your achievements

Life Satisfaction Evaluation

The PERMA Profiler [15] is meant to provide brief snapshots of wellbeing.

Please circle the approximate rating for each question below.

A - *How much of the time do you feel you are making progress towards accomplishing your goals?*

Never 0 1 2 3 4 5 6 7 8 9 10 Always

E - *How often do you become absorbed in what you are doing?*

Never 0 1 2 3 4 5 6 7 8 9 10 Always

P - *In general, how often do you feel joyful?*

Never 0 1 2 3 4 5 6 7 8 9 10 Always

A - *How often do you achieve the important goals you have set for yourself?*

Never 0 1 2 3 4 5 6 7 8 9 10 Always

H - *In general, how would you say your health is?*

Terrible 0 1 2 3 4 5 6 7 8 9 10 Excellent

M - *In general, to what extent do you lead a purposeful and meaningful life?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 Completely

R - *To what extent do you receive help and support from others when you need it?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 *Completely*

M - *In general, to what extent do you feel that what you do in your life is valuable and worthwhile?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 *Completely*

E - *In general, to what extent do you feel excited and interested in things?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 *Completely*

H - *How satisfied are you with your current physical health?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 *Completely*

P - *In general, how often do you feel positive?*

Never 0 1 2 3 4 5 6 7 8 9 10 *Always*

A - *How often are you able to handle your responsibilities?*

Never 0 1 2 3 4 5 6 7 8 9 10 *Always*

E - *How often do you lose track of time while doing something you enjoy?*

Never 0 1 2 3 4 5 6 7 8 9 10 Always

H - *Compared to others of your same age and sex, how is your health?*

Terrible 0 1 2 3 4 5 6 7 8 9 10 Excellent

R - *To what extent do you feel loved?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 Completely

M - *To what extent do you generally feel you have a sense of direction in your life?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 Completely

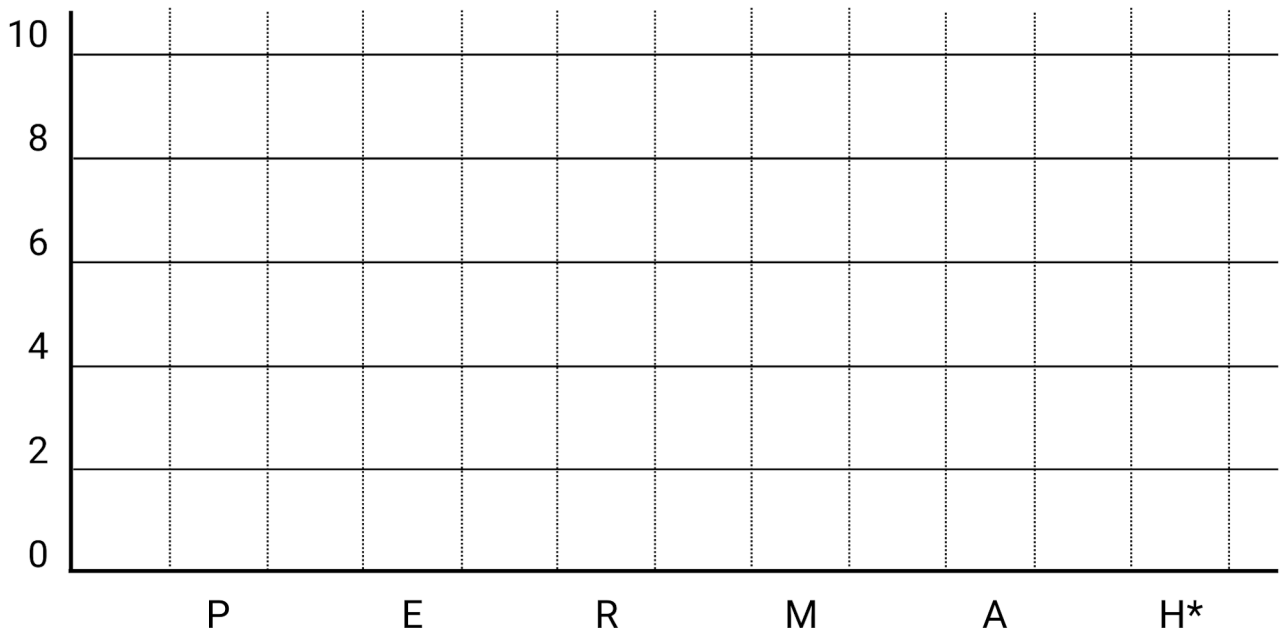
R - *How satisfied are you with your personal relationships?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 Completely

P - *In general, to what extent do you feel contented?*

Not at all 0 1 2 3 4 5 6 7 8 9 10 Completely

Now, calculate the average score for each letter, and fill in the graph below.



**H = Health. Although not part of the PERMA model, overall (physical) health is an important indicator for well-being.*

Interpreting Scores

Although there are no clear cut offs as to what is good or bad functioning, the scores can give an indication for how you're travelling, and what areas in your life may need more attention than others.

- Very high functioning = 9 and above
- High functioning = 8-8.9
- Normal functioning = 6.5 to 7.9
- Sub-optimal functioning = 5 to 6.4
- Languishing = below 5

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