

PERMA-H WELLBEING WHEEL

1. Write in the wheel what you are already doing to support your wellbeing. You may not fill all areas and that's okay.
2. Add some things you would like to do. How could character strengths help?
3. Prioritise one area and set a goal.

For example:

excitement, joy, interest,
love, hope, awe, gratitude,
serenity, amusement.

