## 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.

HEALTH
Sleep, food, exercise, relaxation,
meditation.

Progress toward goals

ACCOMPLISHMENT

A

What you do for others. What is important to you.

M

**MEANING** 

For example:

excitement, joy, interest, love, hope, awe, gratitude,

serenity, amusement.

POSITIVE EMOTIONS

ENGAGEMENT

Total absorption in an activity - flow.

Connecting with others

POSITIVE RELATIONSHIPS

