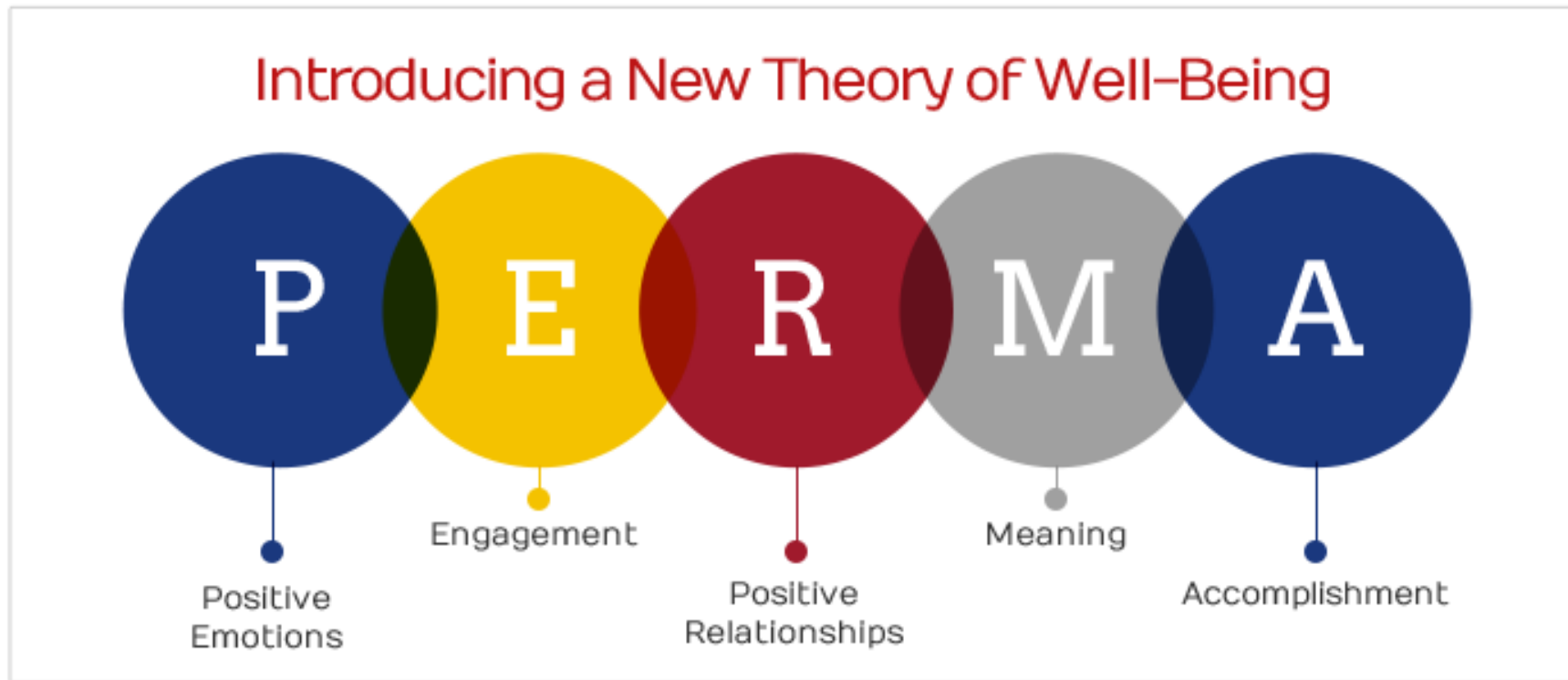


From Happiness to Well-being



the good life project



Authentic Happiness (Martin Seligman)



- Positive Emotion
 - Pleasure, warmth, comfort, ecstasy
 - Emotions that contribute to a “pleasant life”
- Engagement
 - Flow: being one with music, loss of self-consciousness during an activity,
 - Experiences that contribute to an “engaged life”
- Meaning
 - Belonging to and serving something that is bigger than yourself
 - The “meaningful life”

Flourishing (Martin Seligman)

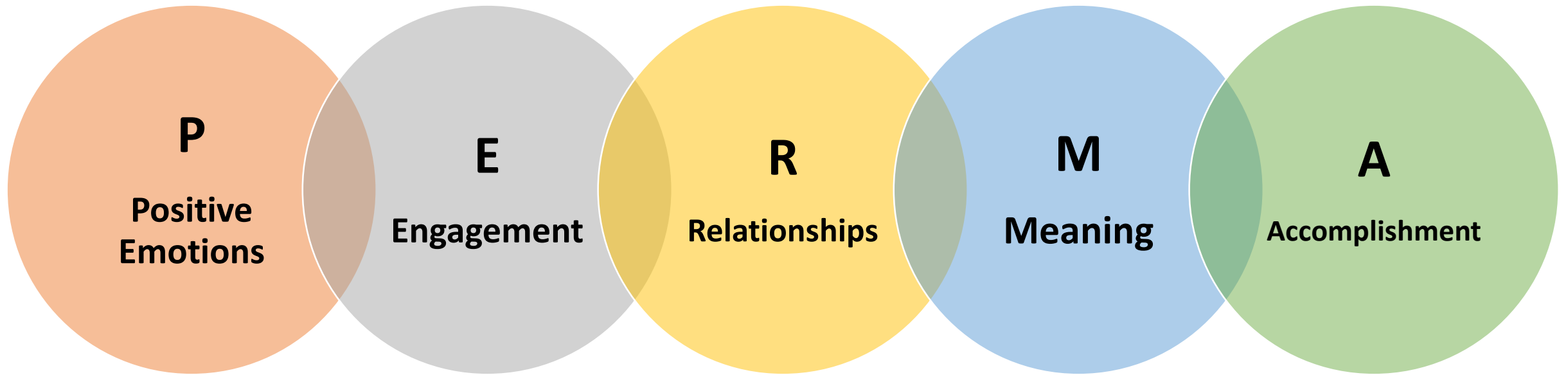


- More than happiness and life satisfaction
 - Happiness is frequently “in the moment”
- Accomplishment
 - Achievement pursued for its own sake
 - Even when it doesn’t bring positive emotion or meaning
 - The “achieving life”
- Relationships
 - Other people matter in our lives
 - Very little positive happens without others
 - The “connected life”

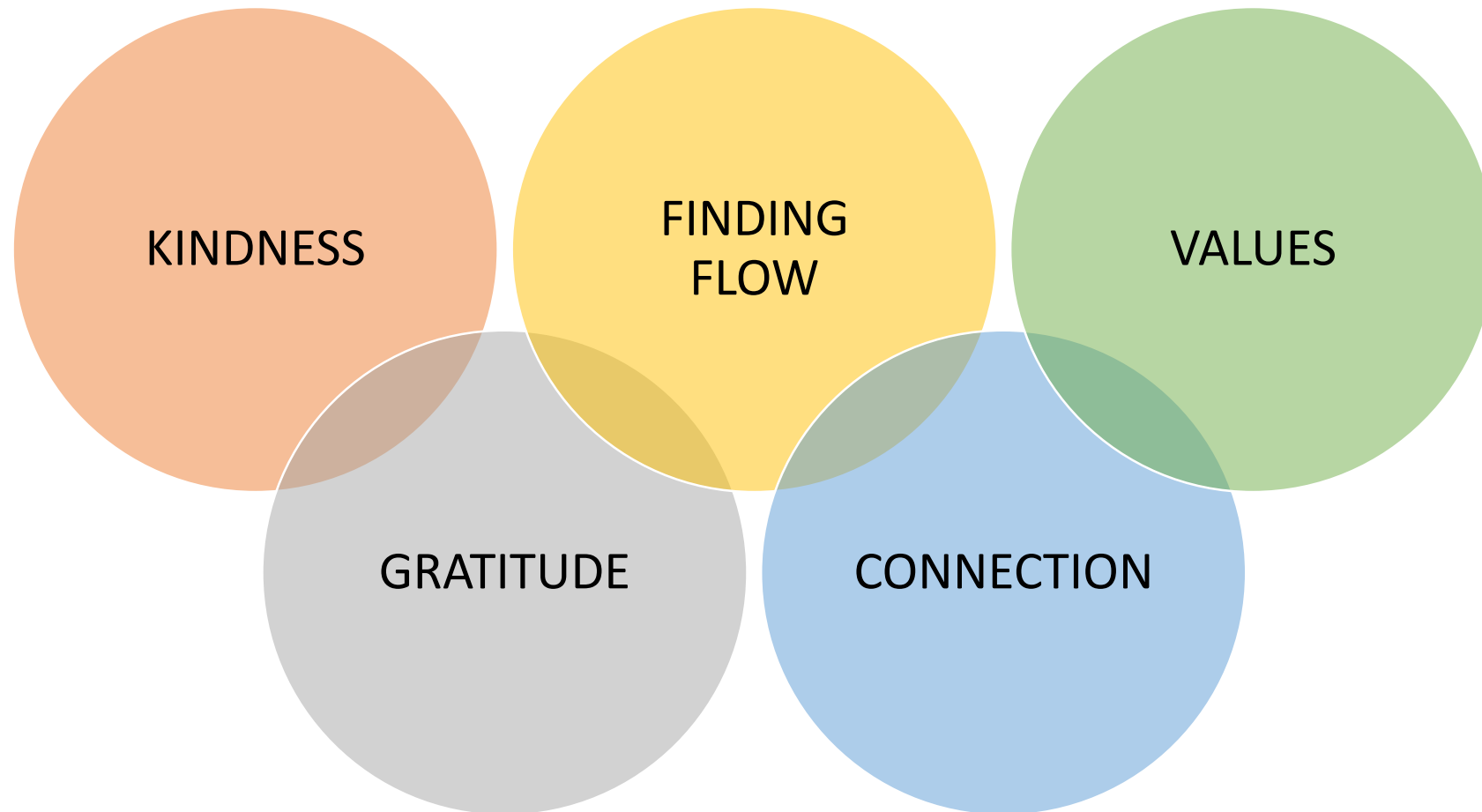
PERMA – Flourishing (Well-Being)



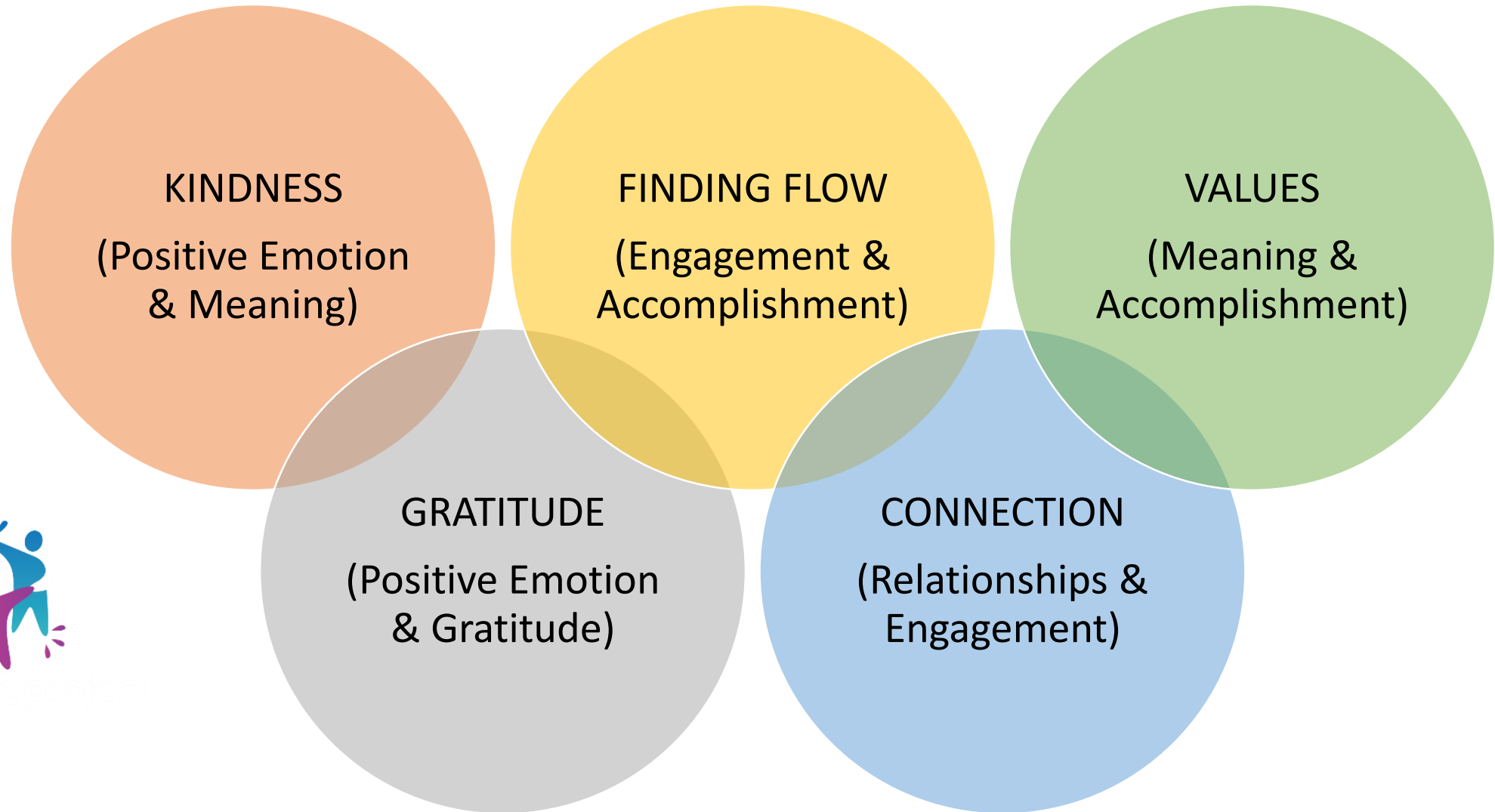
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Five Well-Being Practices



5 Practices – Each PERMA element addressed Twice



PERMA Practices Summary

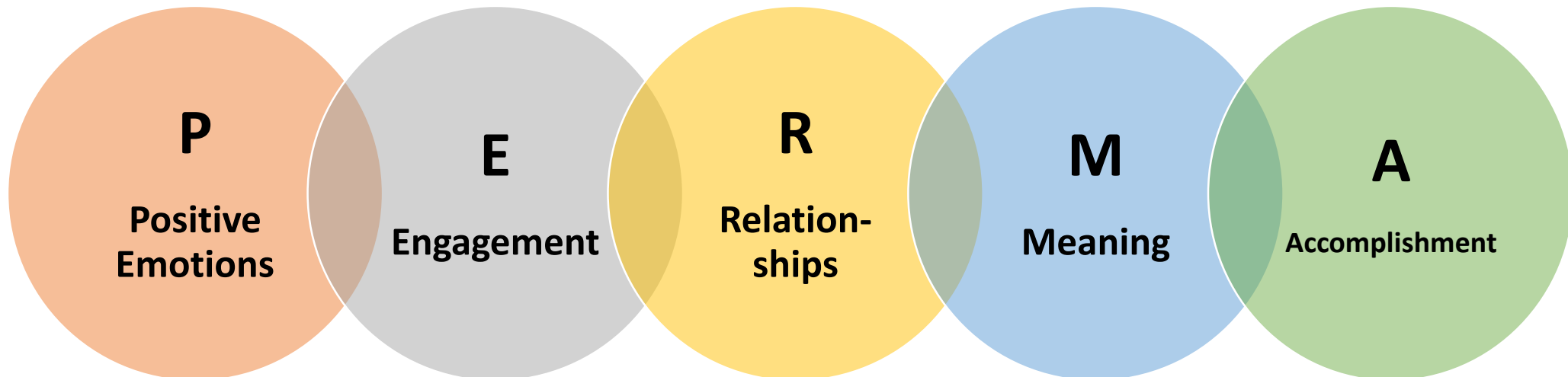


The Positive Psychology Center

The PERMA Model as a framework

Practices designed to address the elements of PERMA

Evaluation using the PERMA Profiler Assessment from The Positive Psychology Center



<https://ppc.sas.upenn.edu/resources/questionnaires-researchers/perma-profiler>