**Would you like to thrive rather than just survive?**

Take a look at the PERMA model of wellbeing, developed by positive psychologist Martin Seligman. By looking at each of the elements that contribute to wellbeing, we can focus on areas where we can make positive change. By optimising our wellbeing, we can flourish.

For each element, consider the questions asked to highlight areas for improvement.

**The core elements:**

**P** = Positive Emotions

**E** = Engagement

**R** = Relationships

**M** =Meaning

**A** = Accomplishments

**Extras:**

+ **R =** Resilience

+ **H** = Health

**Positive Emotions**

To what extent do you currently experience positive emotions?

What activities give you pleasure in life?

Which positive emotions would you like more of?

How could you achieve that?

**Engagement**

Which activities do you engage in where you are fully immersed in that activity, perhaps losing track of time?

What percentage of your time is spent in the present moment?

What activities could you do more of?

What new activities would you like to try?

**Relationships**

Which relationships are the most important to you and why?

What do/could you do to nurture those relationships?

How authentic are your relationships?

How can you continue to make high quality connections?

**Meaning**

To what extent are you currently doing things that are meaningful to you, that give you a sense of purpose?

Which activities help you to feel part of something larger than yourself?

Which activities, current or new, could you get (more) involved in?

What would you like your legacy to be?

**Accomplishments**

How good are you at recognising your achievements?

What are you really good at?

What has gone well this week?

How could you start to celebrate your successes more?

What would you like to accomplish going forward? In the next week, month, year and beyond?

**Resilience**

How well do you bounce back from stressful situations?

What resources do you have to help you cope and build resilience?

What could you actively do to relax & reduce stress?

**Health**

What activities do you engage in that impact positively on your physical health?

What do you do to destress and recharge?

What could you do to improve your diet and eating habits?

**If you would like to discuss any of these ideas or delve deeper into ways tools from positive psychology can help you to thrive, get in touch.**

**You may also want to consider engaging in a mindful yoga class, deep relaxation session, breathwork or even a whole day’s retreat away from the stresses of life.**

**info@mindandmindandbodymatters.co.uk**