

Exercise #1: PERMA

PERMA is a positive psychology framework which identifies the pillars of happiness and well-being in an individual. These pillars are different for each of us, and how aware of and connected we are with them can determine how we are doing and feeling at a given time. The goal is to be aware of what your pillars are made of and how you feel about your relationship with those pillars, and to identify steps to better connect, or remain connected, with your pillars to maximize your well-being and happiness, which is a state called flourishing.

The PERMA exercise is a reflection on what you consider your pathways toward happiness, flourishing, and well-being. First, read the questions in the interview, then reflect on the answers.

P – Positive emotion– what are the people, events, or moments that give you the most pleasure?

E – Engagement – what was the most compelling and interesting experience this year? When do you lose track of time because you are deep in the moment?

R – Relationships – What are your most supportive and positive relationships at work and outside of work?

M – Meaning – What components of your work and personal life keep you connected in a way that feels bigger than yourself?

A – Accomplishment – what accomplishment(s) are you the most proud of?

Reflections:

Exercise #2: Wheel of Life

The goal of this exercise is to help you find satisfaction in your life by reflecting on how the components of your life are balanced. The Wheel of Life exercise helps you envision this balance pictorially, and identify any gaps between where you are now and where you want to be.

The Wheel of Life is divided into different areas or categories that are chosen by you based on the relative importance to you currently in your life (not what you THINK should be important, but what you FEEL is important, regardless of how time you do/don't have for that area of your life). First you choose the major categories (see suggestions below, or choose your own) and place them as the spokes on the Wheel of Life. Before you rush to complete the Wheel, give some thought to whether there are any other categories you would like get an understanding of. Perhaps you may want to have Family & Friends as two separate categories to understand each more specifically. Or, perhaps you want to create something much more specific, such as Exercise and Eating Properly.

Remember, this is about you finding happiness and balance in your life so it will need to be clear and simple for you to understand.

Next, reflect and rate your satisfaction levels in this area on a scale of 1-10, where 1 (lowest satisfaction) is closest to the center of the circle and 10 (highest satisfaction) is at the edge of the circle. Then, connect the dots to create a spider-like diagram or 'inner-circle' of your satisfaction levels. This allows you to quickly and easily identify any gaps between where you are now and where you want to be.

Now that you understand the building blocks of the Wheel, let's go ahead and actually complete it!

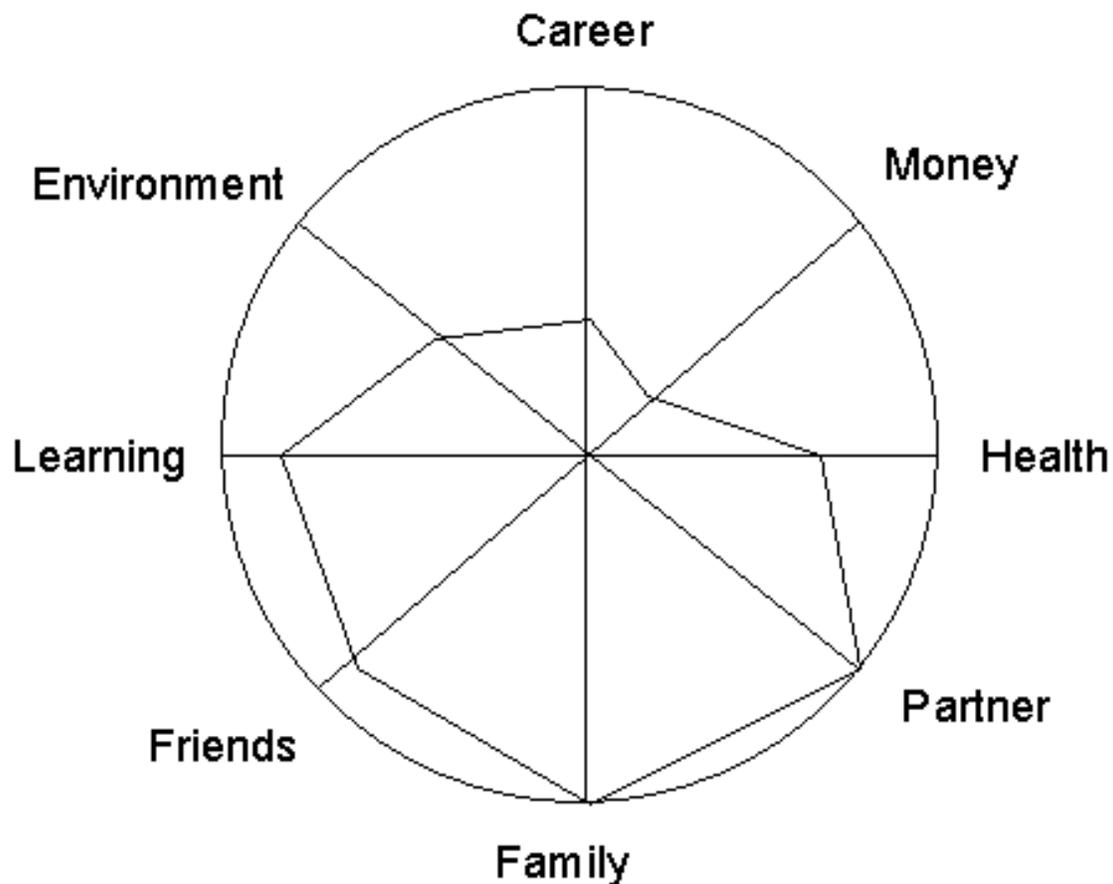
Potential Topics

Choose 8 items (from below list or your own) to include in your wheel. These will be the basis of your Wheel of Life. Choose those that you wish to analyze at this time. To help you with this exercise I have provided some thought prompts:

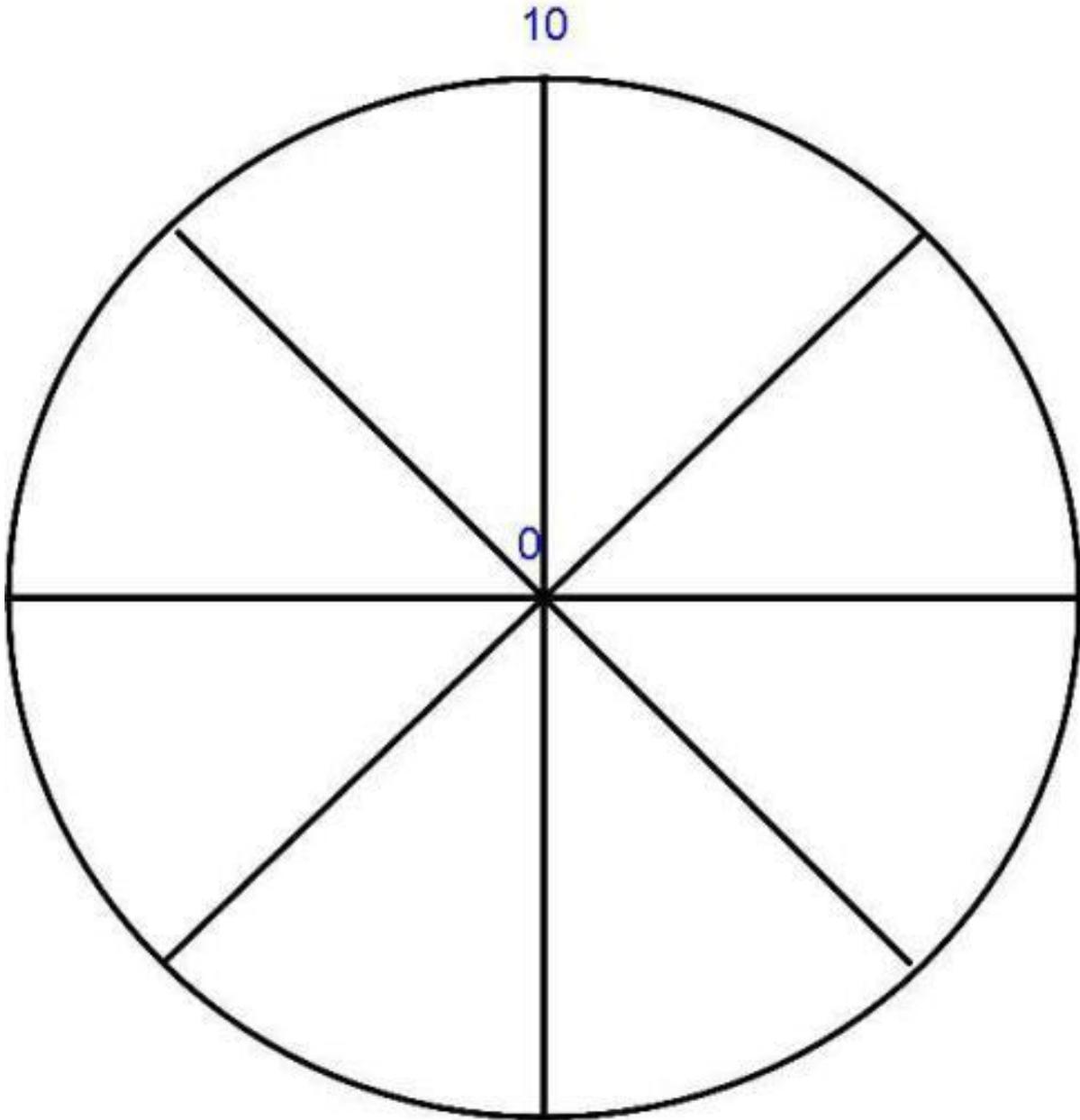
- **Career:** Is your career where you want it to be by now? Are you heading in the right direction?
- **Finance & Wealth:** Are you earning enough income to satisfy your current needs? Are you financially setup for future growth in wealth?
- **Health & Fitness:** How physically healthy are you? Are you satisfied with your level of fitness? Are you satisfied with your diet?
- **Social & Friends:** Are your friends supportive of you? Are you engaging friends and socializing to your satisfaction levels?
- **Family:** Is your family supportive of you? Are you supportive of your family? Are there separate categories that you need for family (immediate, extended, parents/siblings and children)?
- **Love:** Do you feel loved? How often are you expressing love to others?
- **Recreation & Fun:** Are you enjoying your life and making it fun? Are you satisfied with the level of activity that you do?

- **Contribution:** How would others rate your contribution to society or to them as individuals?
- **Personal Growth:** How focused are you on personal growth? Are you satisfied with your direction? Are you trying new experiences and seeking to learn?
- **Spiritual:** How connected are you to the inner and outer world? Are you satisfied with your relationship with your spiritual being?
- **Self-Image:** Do you think of your abilities highly? Do you respect and love yourself? Do you appreciate yourself?

EXAMPLE OF A FILLED OUT LIFE WHEEL



THE WHEEL OF LIFE



UNDERSTANDING YOUR WHEEL OF LIFE

Take a moment to appreciate your Wheel of Life. The key is to find the balance and that is the beauty of the Wheel. What feels balanced to one person may feel off balance to someone else! What is your personal definition of balance?

What does it look like? Are there any surprises? What would improvement in any area look like? What would improvement on the overall shape or size look like? What are the first steps toward getting there?

If you have high scores for any of the categories, it's important you maintain what you are doing to ensure you remain satisfied in this area, however don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have average scores for any of the categories, you are reasonably satisfied in this particular area but there is definitely opportunity to explore ideas to move this up the scale.

If you have low scores for any of the categories, you are not very satisfied in this particular area and you can explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of 0 to 4 are full of opportunity! It's also the area where the individual can grow the most and get the most value!