**PERMA**

**Positive Emotions:**

How much do you experience positive emotions? (pleasure, contentment, happiness, joy, awe, inspiration, hope….). think about people, places, event, situations that contribute to you positive emotions. What brings enjoyment to you?

**Engagement**

How Engaged do you feel at school, at your workplace- if you have one-. How about hobbies, activities? Can you concentrate and feel lost in the activities? Do you get easily distracted?

**Positive Relationships**

Do you have positive, uplifting relationships in your life? how are things different for you as you start your new life here? How can you increase positive relationships in your life?

Do you have positive relationships in your life? These can be with anyone: family, friends, neighbors, or colleagues. Do you wish you had more of these relationships?

**Meaning**

Do you think your life, your college experience has meaning? do you feel your life is fulfilled? What is the greater purpose of your experience and your existence? (your calling, your passion). What brings meaning to your life?

**Accomplishments/Achievement**

Are you spending enough time and energy to accomplish your dreams? What is accomplishment to you?

E

A

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P

### Wheel of Life

## NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**EXAMPLE**

8

9

7

2

4

5

8

6

**WHEEL OF \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ INSTRUCTIONS**

The 8 sections in the Wheel of Life represent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Please change, split or rename any category so that it’s meaningful for you.
* Next, taking the center of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
* The new perimeter of the circle represents **your** ‘Wheel of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ’. Is it a bumpy ride?