

M.

Religion
Spirituality
Activism
Nature

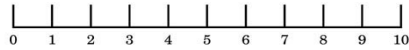
Meaning

Serving something that is bigger than self. To have a sense of well-being, finding a purpose in life is essential.

How Important Is The Idea Of Having Meaning For You?



How High Would You Rate Your Current Level Of Meaning?



What In The Past Has Provided You With A Sense Of Meaning?

What Are Your Currently Doing That Provides You With A Sense Of Meaning?

What Is One Thing You Would Be Willing To Try That Could Enhance Your Sense Of Meaning?

A.

School
Family Goals
Personal Goals
Career Goals

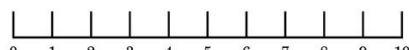
Achievement

A sense of accomplishment. Having goals and meeting those goals, improves your well-being and allows you to flourish.

How Important Is The Idea Of Having Opportunities For Achievement For You?



How High Would You Rate Your Current Level Of Opportunity For Achievement?



What In The Past Has Provided You With Opportunities For Achievement?

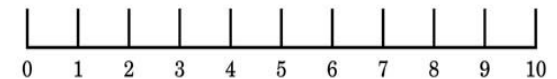
What Are Your Currently Doing That Provides You Opportunities For Achievement?

What Is One Thing You Would Be Willing To Try That Could Provide You An Opportunity For Achievement?



The PERMA model was designed by Martin Seligman with five core elements of psychological well-being and happiness. Seligman believes that these five elements can help

How Would You Rate Your Current Level of Well-being and Happiness?



T H E
T H E R A P E U T I C
W O R K S H O P

www.TheTherapeuticWorkshop.com

Gratitude Journal

P.

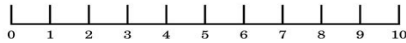
Feeling Good

A Thank You Letter

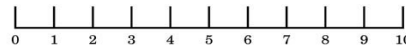
Positive Emotion

Kindness, gratitude, hope, contentment, are all positive emotions that contribute to the "pleasant life."

How Important Is The Idea Of Having Positive Emotion To You?



How High Would You Rate Your Current Level Of Positive Emotion?



What In The Past Has Generated Positive Emotion For You?

What Are Your Currently Doing That Generates Positive Emotion For You?

What Is One Thing You Would Be Willing To Try That You Think Would Increase Your Positive Emotion?

Exercise

Art

E.

Reading

Work

Hobbies

Engagement

Being totally absorbed (in the flow) by a present task where time and self-consciousness seem to cease.

How Important Is The Idea Of Having Opportunities For Engagement To You?



How High Would You Rate Your Current Opportunities For Engagement?



What In The Past Has Presented You With Opportunities For Engagement?

What Are Your Currently Doing That Present You with Opportunities For Engagement?

What Is One Thing You Would Be Willing To Try That May Provide You With An Opportunity For Engagement?

Friends

Partners

R.

Co-Workers

Family

Relationships

People who maintain strong positive relationship are generally happier in life. We are "social beings" who need to connect with one another.

How Important Is The Idea Of Having Positive Relationships To You?



How High Would You Rate Your Current Level Of Positive Relationships?



Who In The Past Has Been A Source Of Positive Relationships For You?

What Are Your Current Sources For Positive Relationships?

What Is One Thing You Would Be Willing To Try To Strengthen a Relationship OR Gain a New Positive Relationship?
