



## PERMA + ME WELL-BEING ASSESSMENT WHEEL

This self-assessment consists of 7 different facets of personal well-being. When put together, these facets can give us a snapshot of where you are in your journey to fulfillment and flourishing and some options for where you might want to go.

Based on an approach to well-being that has been adapted from Dr. Martin Seligman's original PERMA theory, this assessment considers the state of your positive emotion, engagement, relationships, meaning, achievement, mindfulness and embodiment. We call it PERMA + ME!

Rank each of the statements below on a scale from 1 (Highly Disagree) to 10 (Highly Agree), and then total your scores for each one before moving on to the evaluation and application sections of the assessment.

### POSITIVE EMOTION

In general, I am in good health and feel positive about my overall well-being.	
I feel joyful often.	
I feel positive about my life circumstances more often than I feel anxious about them.	
When I feel negative emotions, I am able to identify why and process that emotion in a healthy manner.	
I feel content with my life.	
<b>Total</b>	/50

### ENGAGEMENT

I honor my commitments and responsibilities well.	
I feel excited and curious about many things I am interested in.	
I often lose track of time while doing something I enjoy.	
I make choices that are resonant with my unique strengths and values.	
I know my personal strengths and engage them regularly in daily tasks.	
<b>Total</b>	/50

### RELATIONSHIPS

I receive help and support from others when I need it.	
I do not feel lonely in my daily life.	
I feel a deep sense of belonging and love on a daily basis.	
I am satisfied with the depth, intimacy, and health of my person relationships.	
I invest in relationships that are energizing and lead toward mutual flourishing.	
<b>Total</b>	/50

### MEANING

I lead a purposeful and meaningful life.	
I am confident that my life is valuable and worthwhile.	
A feel a strong sense of direction for my life.	
So far, I have gotten the important things that I want out of life.	
I have clarity around my life purpose and make decisions in alignment with it on a regular basis.	
<b>Total</b>	/50

### ACHIEVEMENT

I am making progress toward accomplishing my goals.	
Looking at my life as a whole, when I set important goals for myself, I achieve them.	
I am able to manage my routine responsibilities with excellence and satisfaction.	
When faced with a challenge or obstacle, I persevere to find a creative solution and overcome the setback.	
I have achieved goals that took years of work and determination.	
<b>Total</b>	/50

### MINDFULNESS

I have a daily practice of prayer, reflection, and/or meditation.	
I am able to recognize distractions when they arise and move past them quickly.	
I know what my priorities are each day and maintain a focused approach to them.	
I have the mental energy to be creative in my work and present with the people in my life.	
I am aware of how I am feeling in this present moment.	
<b>Total</b>	/50

### EMBODIMENT

My body can give and receive comfort, love and compassion with ease.	
I can feel emotion in my body and understand how it moves through my body as I acknowledge and process it.	
For most of the day, my body feels grounded in the present moment.	
I create strong boundaries to protect and care for my body.	
I believe that my body is good as it is in this present moment and that it constantly communicates important information for my healing and growth.	
<b>Total</b>	/50

As you complete this assessment you will notice areas of growth and celebration and those that require attention and improvement. For the facets of well-being that you are both wanting and willing to gain insight and create new action around, we provide evidence-based well-being interventions and practices on our website.

## EVALUATION

Gain understanding of how these the 7 PERMA + ME facets come together to create holistic picture of your well-being by completing the summary below.

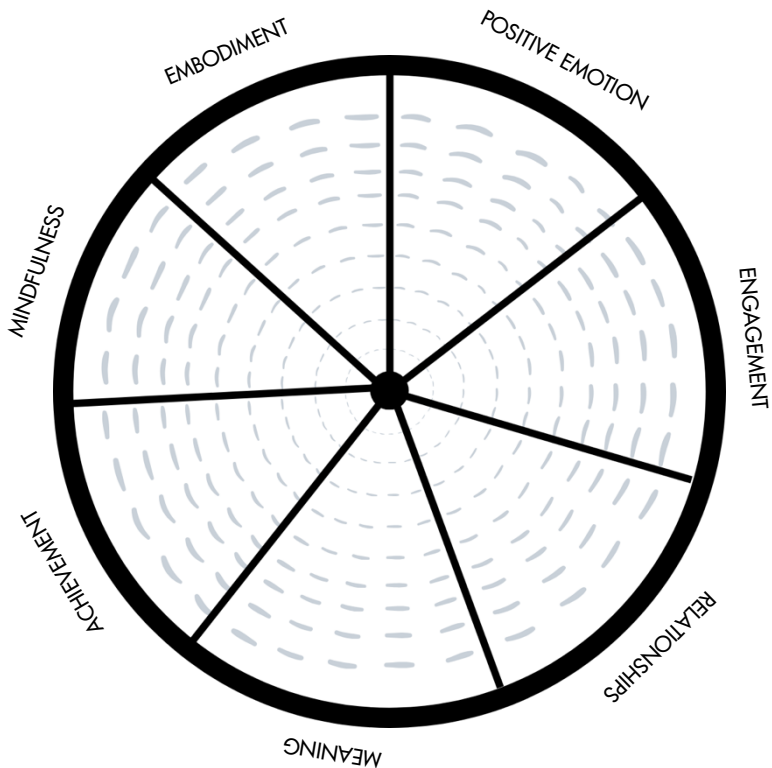
Transfer your scores from the first page to their respective areas below. Then identify % of that facet's total by multiplying it times 2.

Using the percentage number, shade in the corresponding "slice" of the wheel below.

Notice how round, flat or bumpy your wheel might be. Next, ask yourself which areas are most satisfying and dissatisfying. Finally, complete the reflection and application questions on the right.

## SUMMARY

POSITIVE EMOTION	/50	=		%
ENGAGEMENT	/50	=		%
RELATIONSHIPS	/50	=		%
MEANING	/50	=		%
ACHIEVEMENT	/50	=		%
MINDFULNESS	/50	=		%
EMBODIMENT	/50	=		%



## REFLECTION & APPLICATION

What facets of your wheel are you most wanting and willing to work on?

How would you describe the current state of this facet of well-being? What is the desired state?

What is already working for you in this facet of well-being? What is not?

What obstacles or challenges can you anticipate as you take action to improve this facet of your well-being?

What would you like to courageously create in this facet to increase your well-being?

What support and accountability do you need to be successful?

