

My
WELL-BEING

Workbook

applying PERMA5 *in general public*

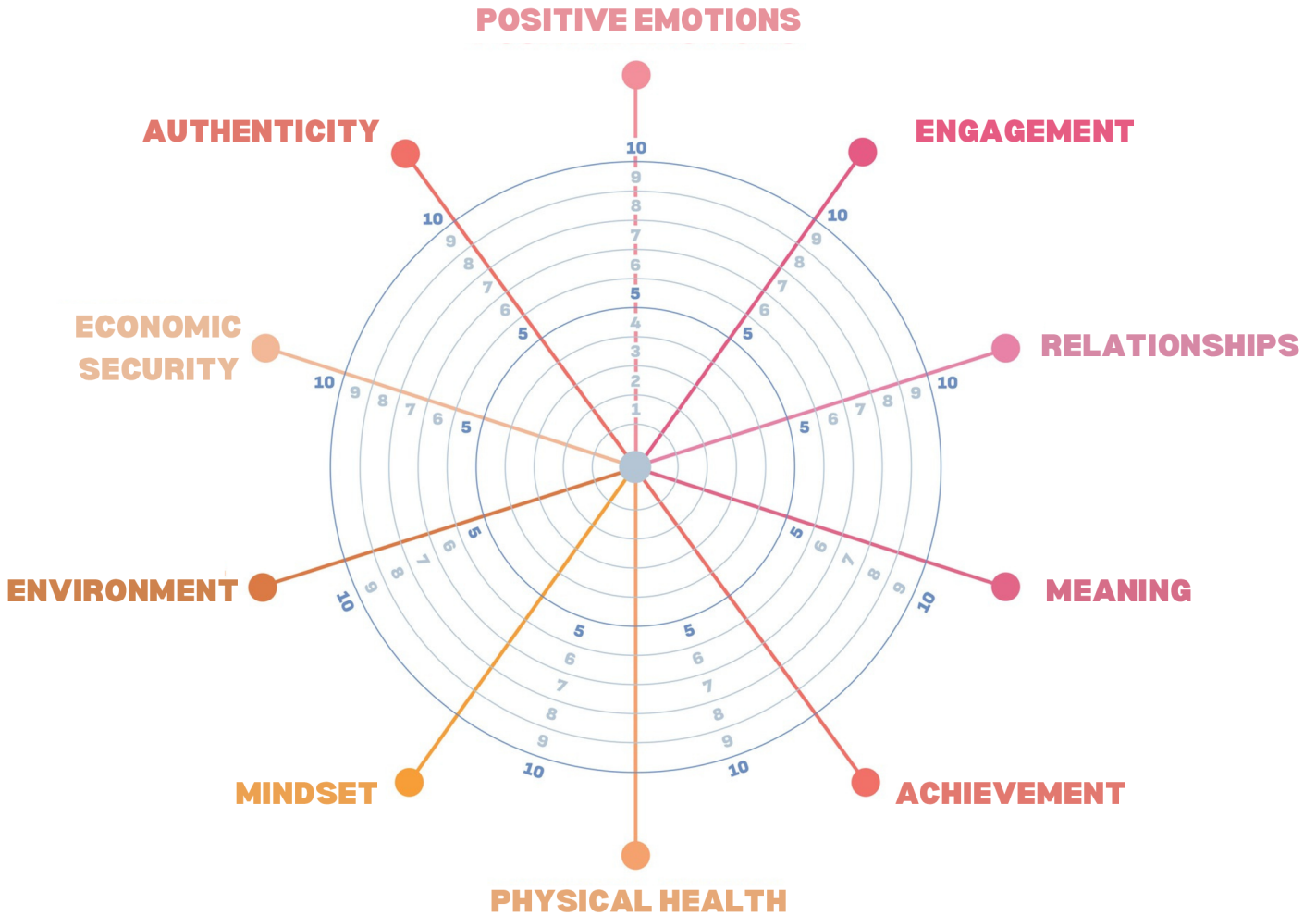


Jana **KOCI, Ph.D.**

MY WELL-BEING

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

POSITIVE EMOTIONS	<input type="text"/>	PHYSICAL HEALTH	<input type="text"/>
ENGAGEMENT	<input type="text"/>	MINDSET	<input type="text"/>
RELATIONSHIPS	<input type="text"/>	ENVIRONMENT	<input type="text"/>
MEANING	<input type="text"/>	ECONOMIC SECURITY	<input type="text"/>
ACHIEVEMENT	<input type="text"/>	AUTHENTICITY	<input type="text"/>

My Well-being score **out of 100.**

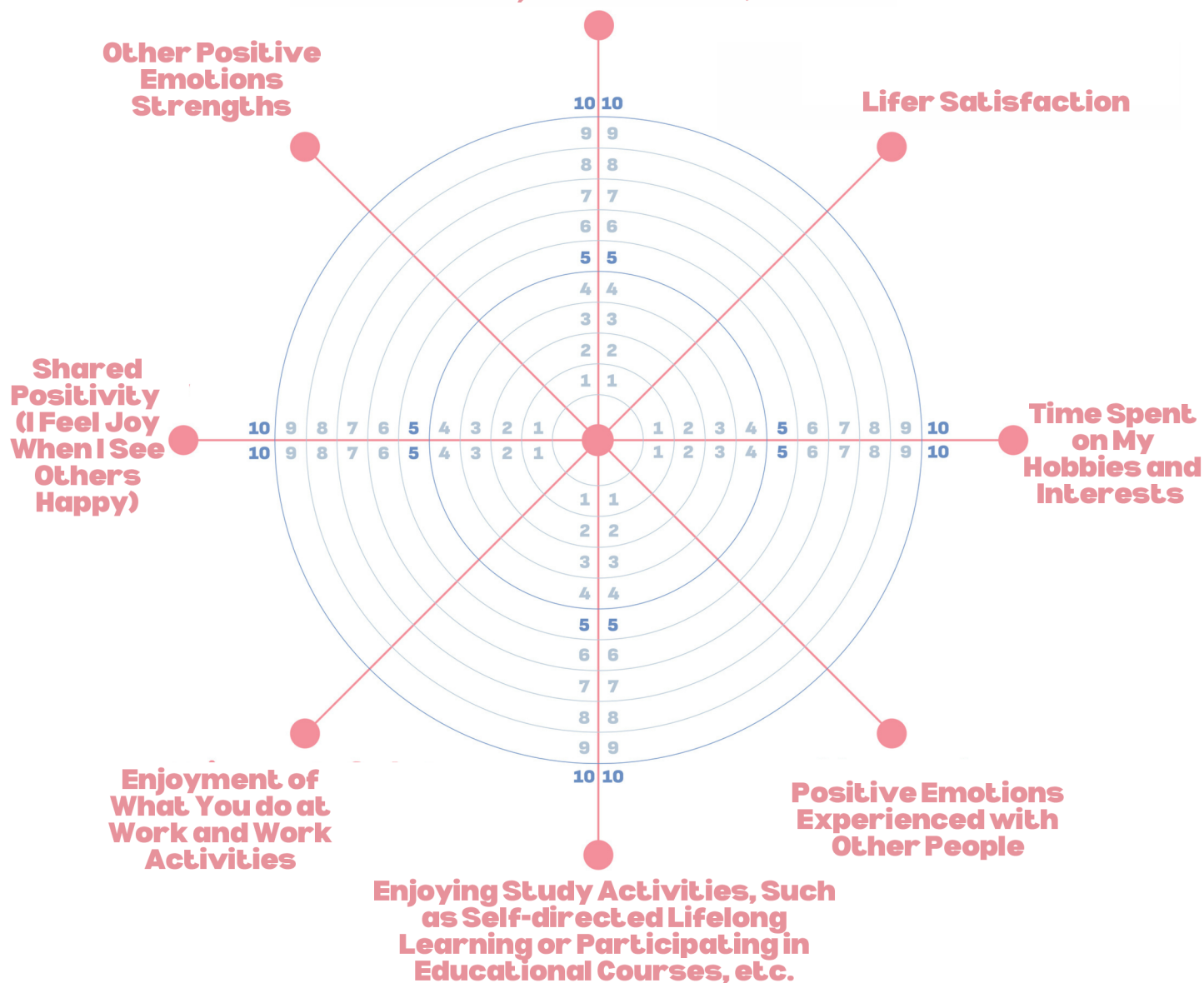


MY POSITIVE EMOTIONS

Date: _____

M T W T F S S

Experiencing Positive Emotions (Happiness, Joy, Love, Gratitude etc.)



Write down numbers from the wheel and do the sum.

EXPERIENCING P.E.

ENJOYING STUDY ACTIV.

LIFE SATISFACTION

ENJOYMENT AT WORK

HOBBIES, INTERESTS

SHARED POSITIVITY

P. E. WITH OTHERS

OTHER STRENGTHS

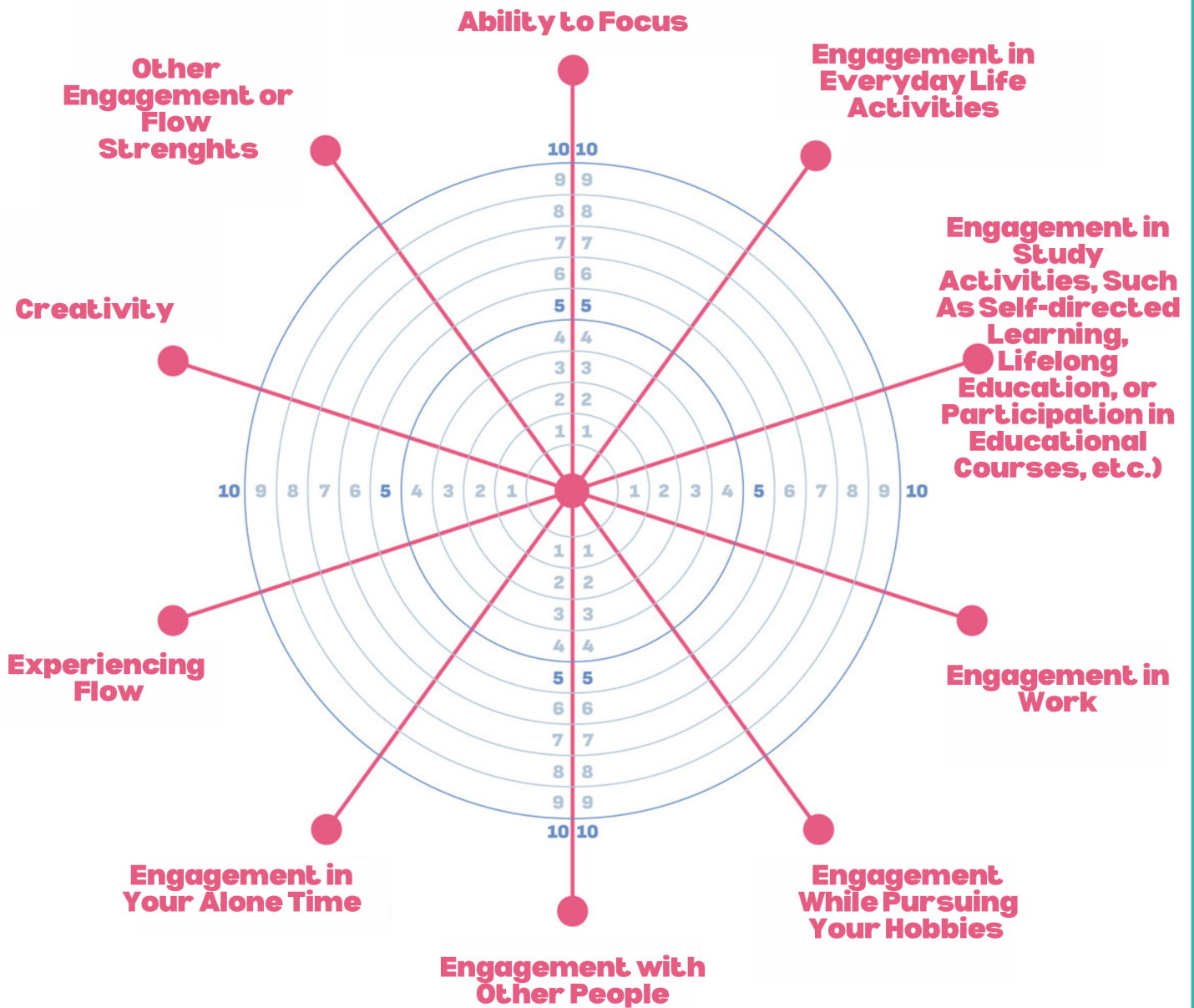
My Positive Emotions score out of 70.



MY *date: _____*

ENGAGEMENT

M T W T F S S



Write down numbers from the wheel and do the sum.

ABILITY TO FOCUS	<input type="text"/>	WITH OTHER PEOPLE	<input type="text"/>
E.D. LIFE ACTIVITIES	<input type="text"/>	YOUR ALONE TIME	<input type="text"/>
STUDY ACTIVITIES	<input type="text"/>	FLOW	<input type="text"/>
WORK	<input type="text"/>	CREATIVITY	<input type="text"/>
YOUR HOBBIES	<input type="text"/>	OTHER STRENGTHS	<input type="text"/>

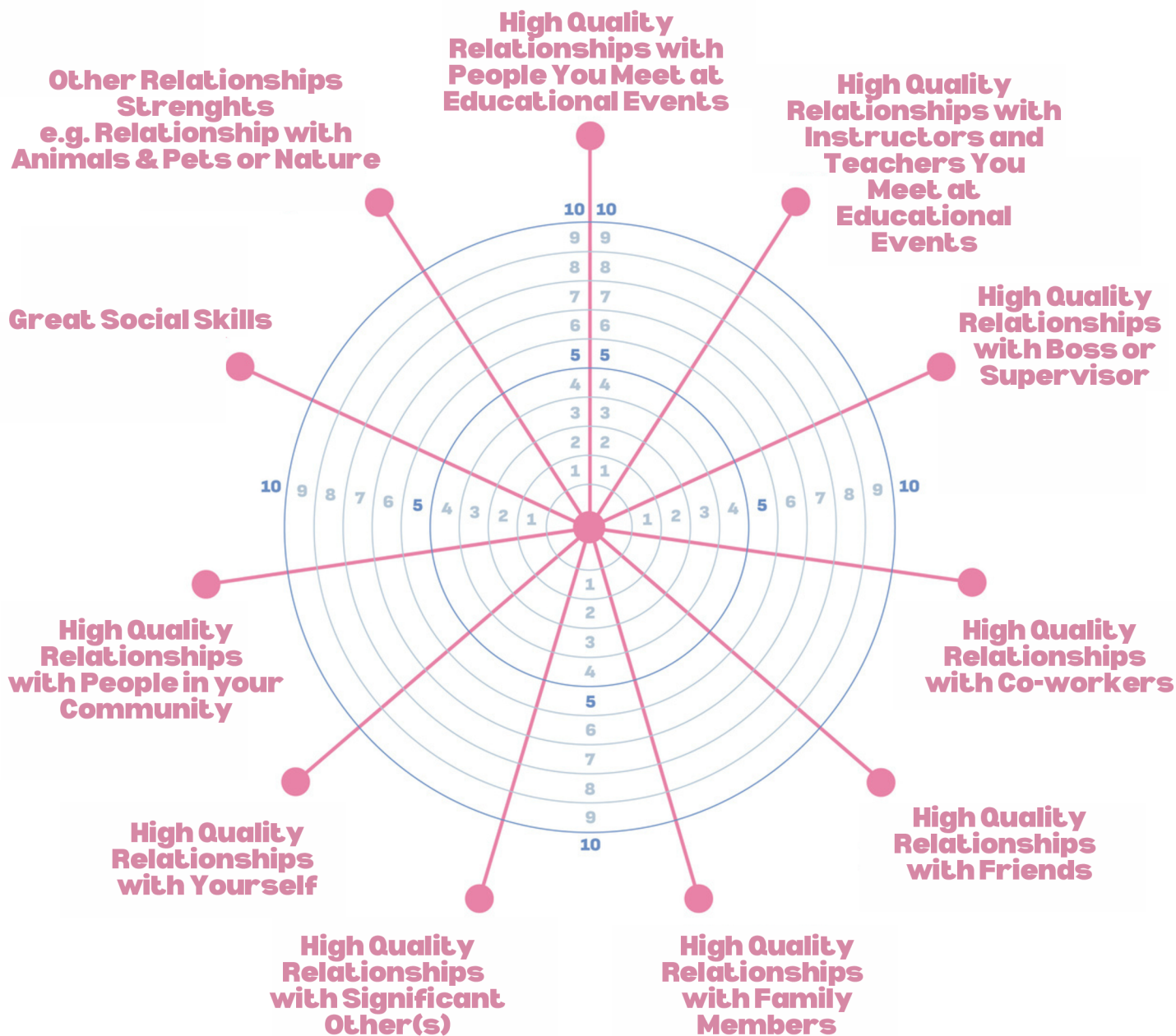
My Engagement score out of 90.



MY RELATIONSHIPS

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

FELLOW EDUCATES

SIGNIFICANT OTHER(S)

EDUCATORS

YOURSELF

BOSS OR SUPERVISOR

YOUR COMMUNITY

CO-WORKERS

GREAT SOCIAL SKILLS

FRIENDS

OTHER STRENGTHS

FAMILY MEMBERS

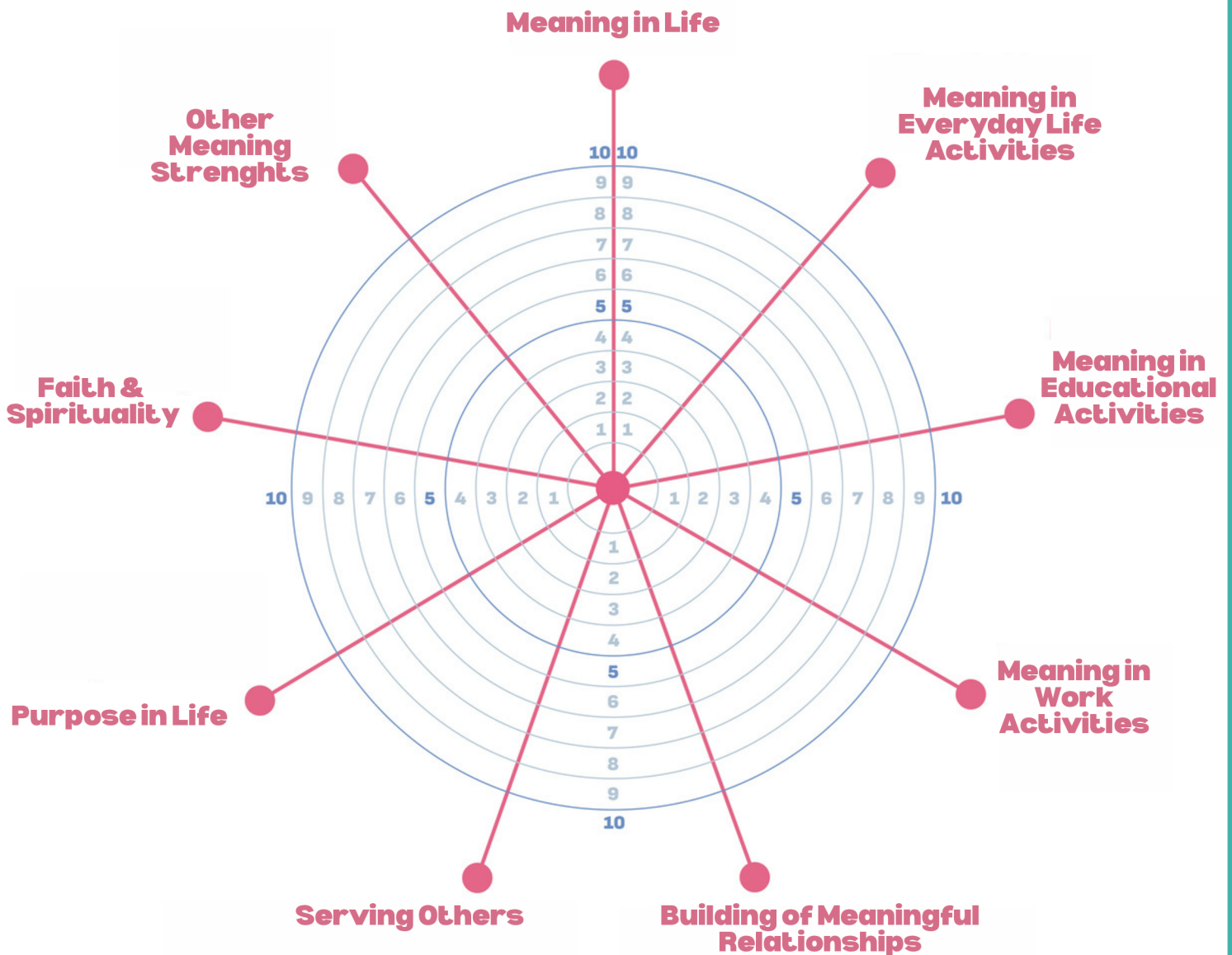
My Relationships score out of 100.



MY MEANING

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

MEANING IN LIFE

SERVING OTHERS

E.D. ACTIVITIES

PURPOSE IN LIFE

EDUCATIONAL ACTIVITIES

FAITH & SPIRITUALITY

WORK ACTIVITIES

OTHER STRENGTHS

MEANINGFUL RELATIONSHIPS

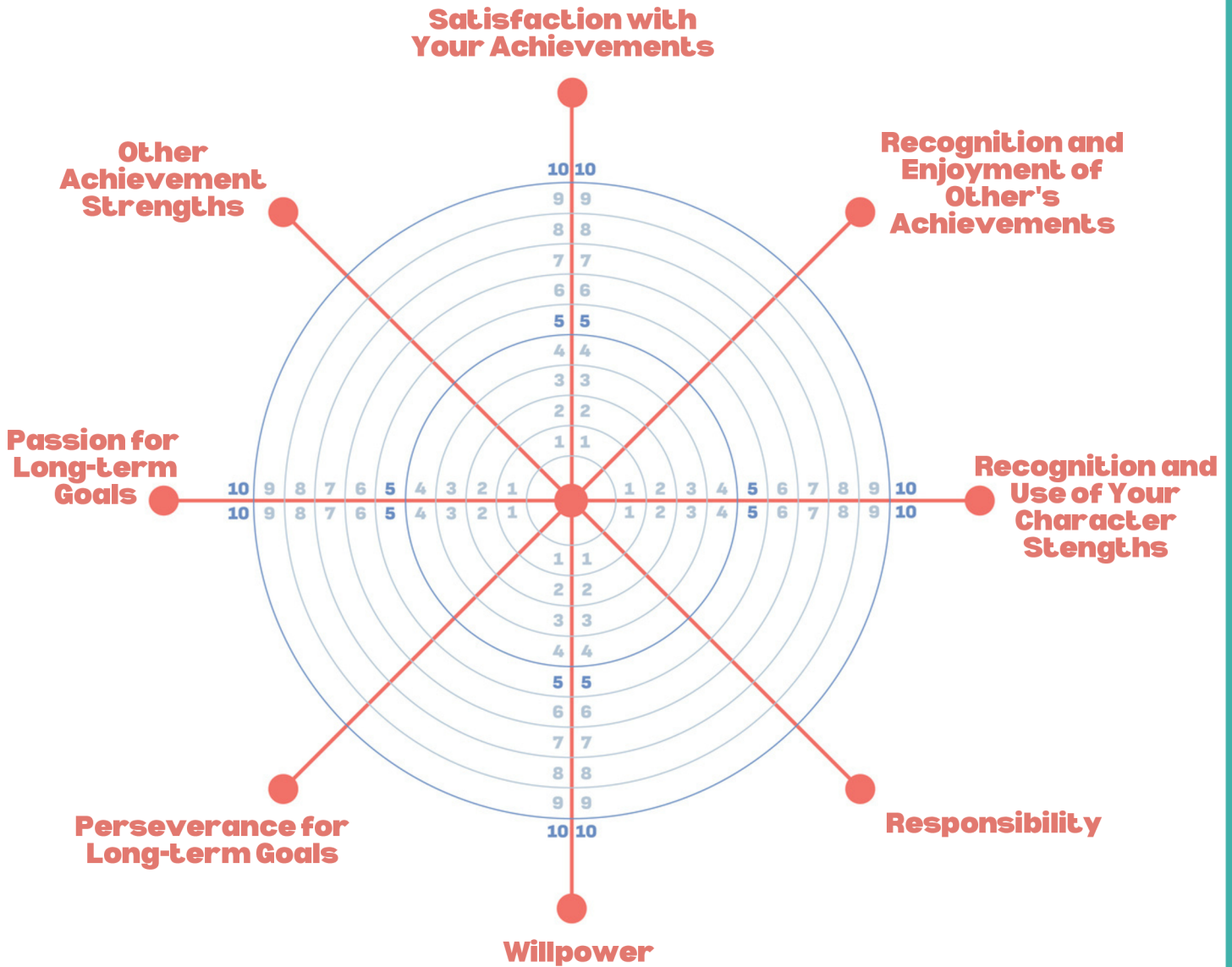
My Meaning score out of 80.



MY ACHIEVEMENT

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

SATISFACTION WITH YOUR ACHIEVEMENT

WILLPOWER

ENJOYMENT OF OTHERS' ACHIEVEMENT

PERSEVERANCE FOR LONG-TERM GOALS

USE OF YOUR STRENGTHS RESPONSIBILITY

PASSION FOR LONG-TERM GOALS

OTHER STRENGTHS

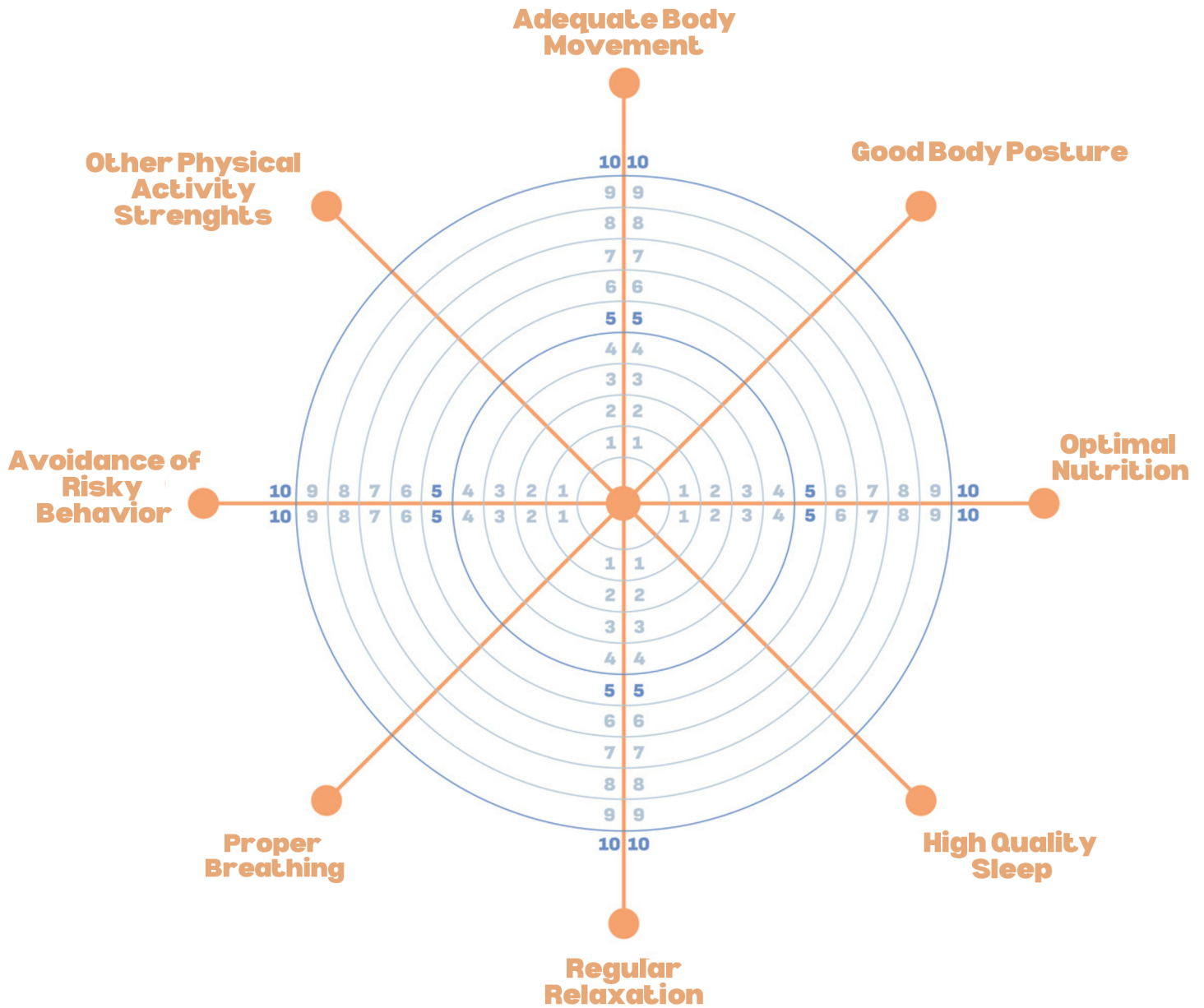
My Achievement score **out of 70.**



MY PHYSICAL HEALTH

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

BODY MOVEMENT

REPROPER BREATHING

BODY POSTURE

AVOIDANCE OF RISKY

OPTIMAL NUTRITION

BEHAVIOUR

HIGH QUALITY SLEEP

OTHER STRENGTHS

REGULAR RELAXATION

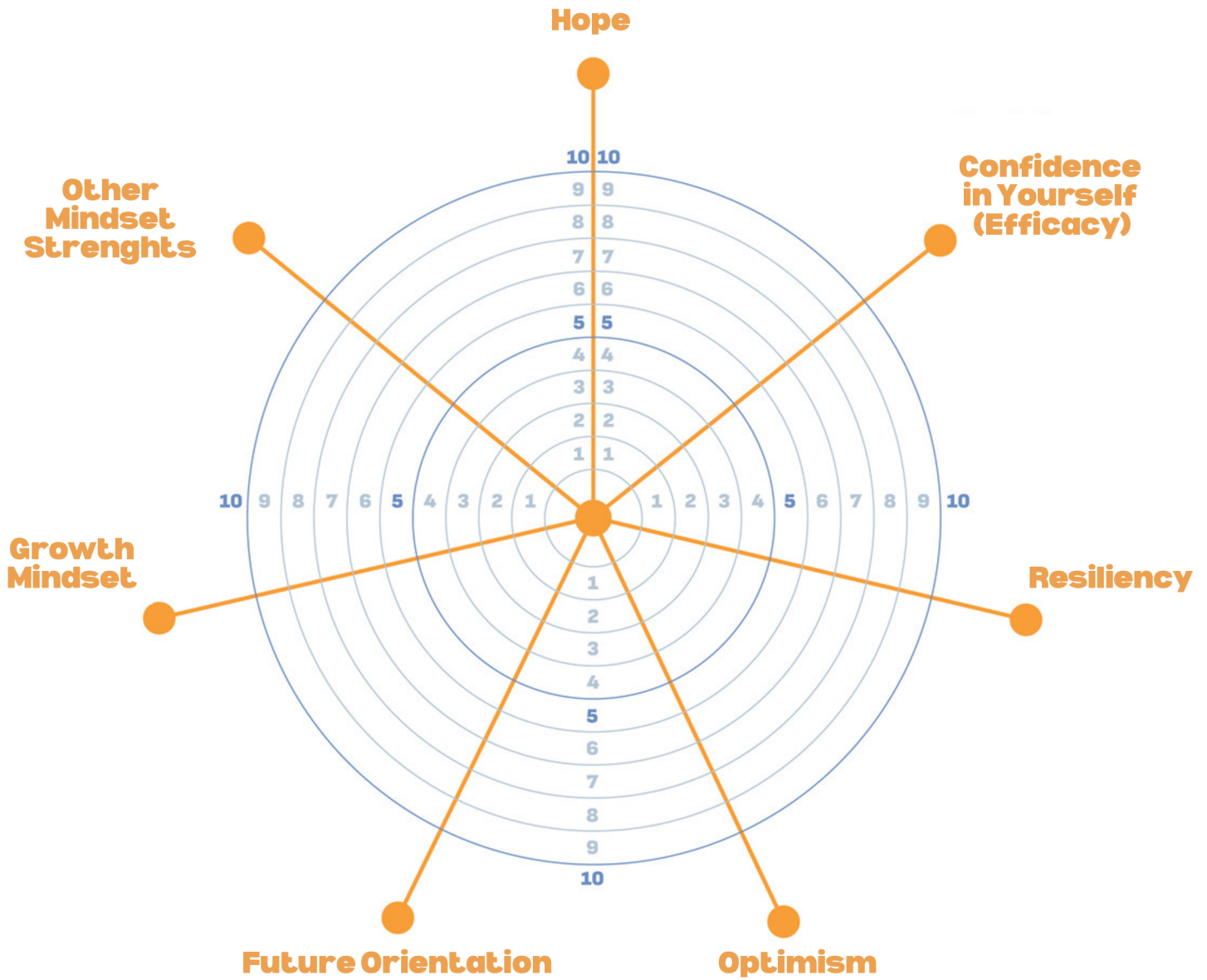
My Physical Health score out of 70.



MY MINDSET

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

HOPE

FUTURE ORIENTATION

CONFIDENCE

GROWTH MINDSET

RESILIENCY

OTHER STRENGTHS

OPTIMISM

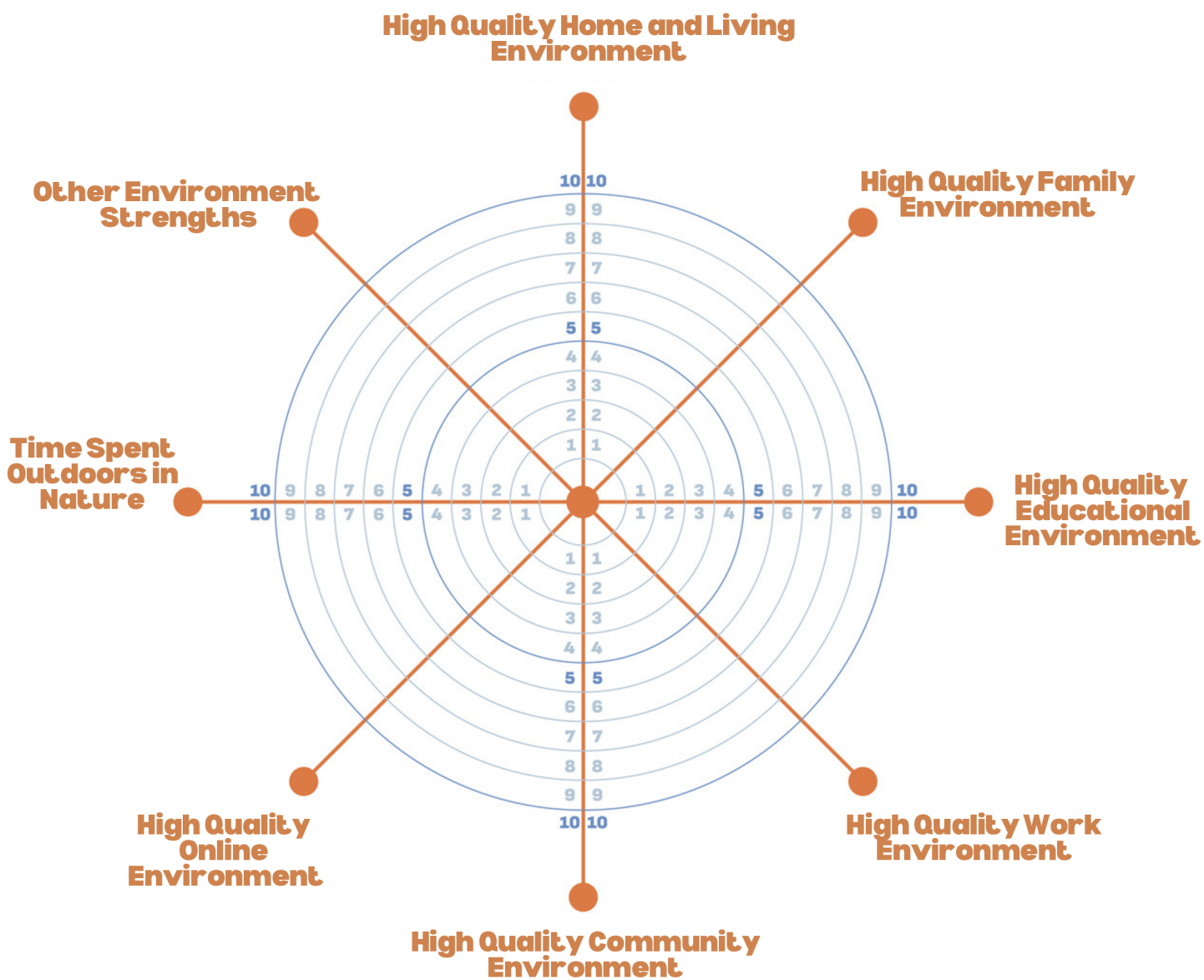
My Mindset score out of 60.



MY ENVIRONMENT

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

HOME AND LIVING

COMMUNITY ENVIRONMENT

FAMILY ENVIRONMENT

ONLINE ENVIRONMENT

EDUCATIONAL ENV.

TIME SPENT OUTDOORS

WORK ENVIRONMENT

IN NATURE

OTHER STRENGTHS

My Environment score

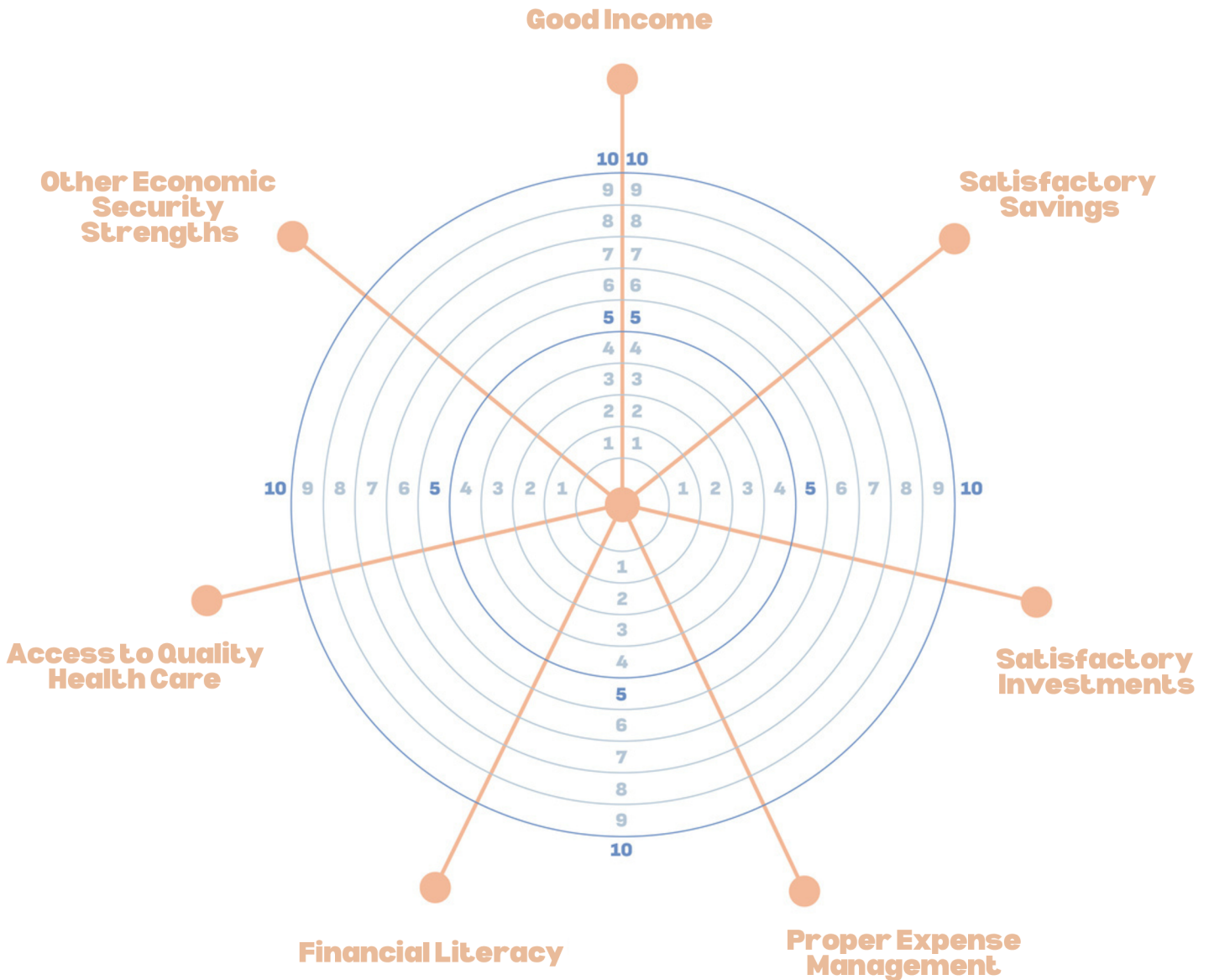
out of 70.



MY ECONOMIC SECURITY

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

GOOD INCOME

FINANCIAL LITERACY

SATISFACTORY SAVINGS

ACCESS TO QUALITY

SATISFACTORY INVESTMENTS

HEALTH CARE

PROPER EXPENSE

OTHER STRENGTHS

MANAGEMENT

My Economic Security score

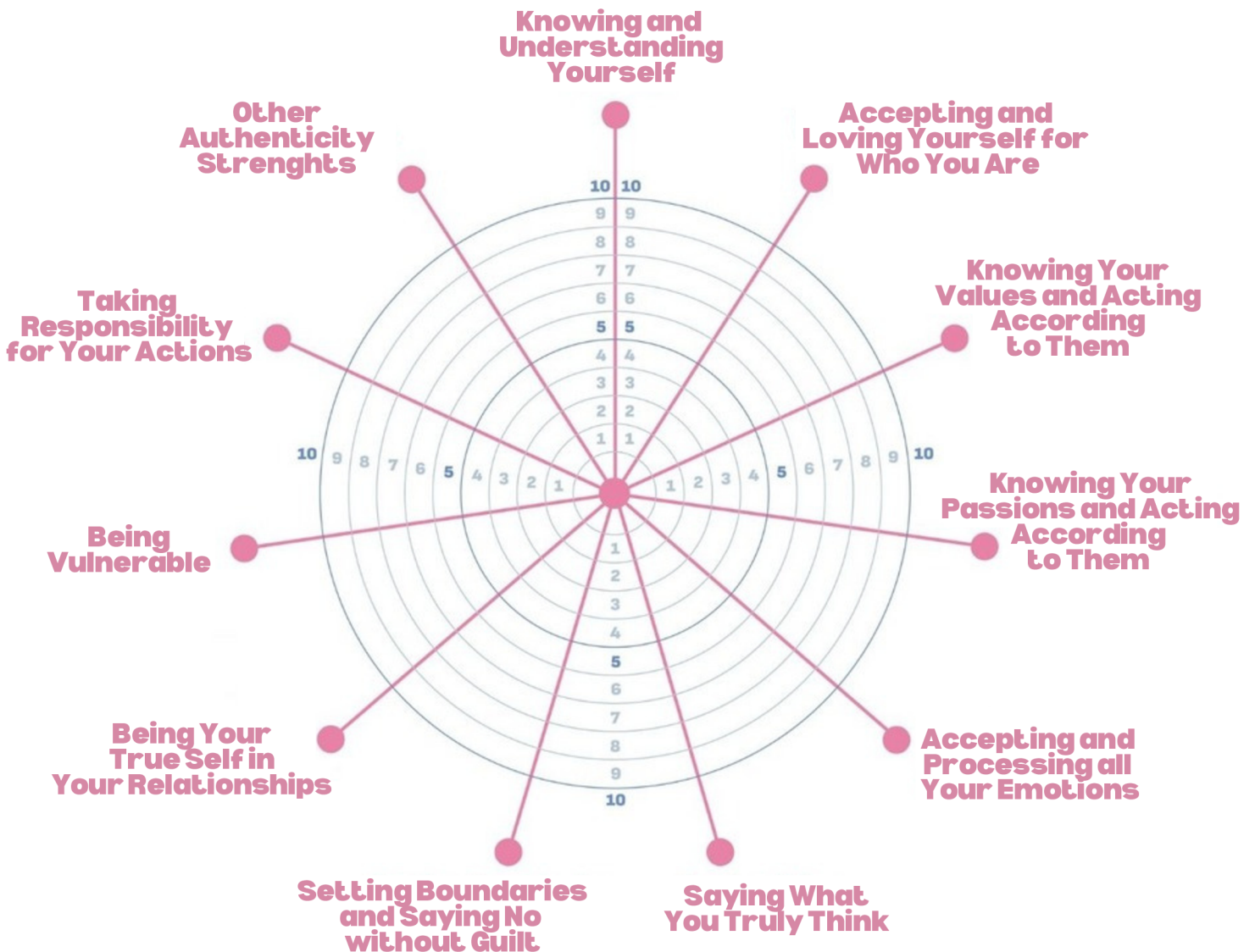
out of 60.



MY *date:* _____

AUTHENTICITY

M T W T F S S



Write down numbers from the wheel and do the sum.

KNOWING & UNDERSTANDING YOURSELF	<input type="text"/>	SETTING BOUNDARIES AND SAYING NO	<input type="text"/>
ACCEPTING & LOVING YOURSELF	<input type="text"/>	BEING YOUR TRUE SELF	<input type="text"/>
KNOWING YOUR VALUES	<input type="text"/>	BEING VULNERABLE	<input type="text"/>
KNOWING YOUR PASSIONS	<input type="text"/>	TAKING RESPONSIBILITY FOR YOUR ACTION	<input type="text"/>
ACCEPTING & PROCESSING YOUR EMOTIONS	<input type="text"/>	OTHER STRENGTHS	<input type="text"/>
SAYING WHAT YOU TRULY THINK	<input type="text"/>		

My Authenticity score out of 100.

