

## Self-Reflection Assessment: Exploring Well-Being Using PERMA-V

PERMA-V is a well-being model that was developed by psychologist Martin Seligman and is used in positive psychology. It includes six core elements of a thriving life: Positive Emotion, Engagement, Relationships, Meaning, Accomplishment, and Vitality. See final page to learn more about PERMA-V.

This assessment is meant to bring awareness to which areas in your life could use a little extra care.

**Instructions:** For each statement, honestly rate how true it is for you on a scale from **0** to **4**:

- **0 = Not at all true**
- **1 = Slightly true**
- **2 = Moderately true**
- **3 = Very true**
- **4 = Completely true**

Consider your general experience over the past two weeks when answering.

### 1. Positive Emotion (P)

- I regularly experience positive emotions (e.g., joy, gratitude, hope, amusement). \_\_\_\_
- I can easily find things that make me feel happy or excited. \_\_\_\_
- I feel content with the emotional experiences I have on a daily basis. \_\_\_\_
- When faced with challenges, I am able to focus on the positive aspects. \_\_\_\_

Total Score (in this section): \_\_\_\_

### 2. Engagement (E)

- I often experience "flow," where I feel fully immersed and focused during activities. \_\_\_\_
- I regularly participate in activities that challenge my skills and engage my interest. \_\_\_\_
- I feel that my daily activities are meaningful and keep my mind engaged. \_\_\_\_
- I can lose track of time when I am doing something I enjoy or am passionate about. \_\_\_\_

Total Score (in this section): \_\_\_\_

### 3. Relationships (R)

- I have meaningful, supportive relationships with family, friends, or loved ones. \_\_\_\_
- I feel connected to others and often reach out to people for companionship or support. \_\_\_\_
- I find it easy to express my thoughts and feelings to those close to me. \_\_\_\_
- I have a network of people I can rely on when I need help or encouragement. \_\_\_\_

Total Score (in this section): \_\_\_\_

### 4. Meaning (M)

- I feel that my life has purpose and that I am contributing to something greater than myself. \_\_\_\_

- I regularly reflect on the deeper meaning or purpose behind my actions. \_\_\_\_\_
- The work or activities I engage in feel aligned with my values and bring a sense of fulfillment. \_\_\_\_\_
- I can identify aspects of my life that are deeply meaningful, either personal or social. \_\_\_\_\_

Total Score (in this section): \_\_\_\_\_

## 5. Accomplishment (A)

- I set goals for myself and actively work towards achieving them. \_\_\_\_\_
- I feel a sense of pride and accomplishment when I achieve a goal or complete a task. \_\_\_\_\_
- I regularly challenge myself to improve or develop new skills. \_\_\_\_\_
- I have a sense of satisfaction with what I have achieved in my life so far. \_\_\_\_\_

Total Score: \_\_\_\_\_

## 6. Vitality (V)

- I generally feel energetic and physically well most of the time. \_\_\_\_\_
- I engage in activities (e.g., exercise, healthy eating) that promote my physical health. \_\_\_\_\_
- I have good energy levels throughout the day, and I rarely feel fatigued without reason. \_\_\_\_\_
- I take steps to maintain or improve my overall physical well-being. \_\_\_\_\_

Total Score: \_\_\_\_\_

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### Scoring System:

- **Add up your scores for each section (P, E, R, M, A, V).** The maximum score for each section is **16** (if you rated all statements a 4), and the minimum score for each section is **0** (if you rated all statements a 0).
- **Total your scores** for all six sections to get your overall score – **TOTAL TALLY: \_\_\_\_\_**

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### Interpreting Your Scores:

#### Overall Score Range:

- **0 - 24: Low Well-Being**
  - o Your well-being may be under a lot of strain right now, but it can still be okay — it just reveals that these areas of your life could use extra care and attention. Start small and focus on easy to achieve steps and goals. See below for specific suggestions for each area.
- **25 - 40: Moderate Well-Being**
  - o While some areas of your life are strong, others may need attention. Consider focusing on a few specific areas that were rated the lowest to further improve your well-being. See below for specific suggestions for each area.

- **41 - 56: Good Well-Being**
  - Your well-being is generally healthy, but there may be some areas that could benefit from more focus and improvement. See below for specific suggestions for each area.
- **57 - 64: Optimal Well-Being**
  - You are experiencing a high level of well-being across most or all of the **PERMA-V** dimensions. Continue nurturing your strengths while also looking for opportunities to enhance any areas that scored lower.

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## Section-by-Section Interpretation:

### Positive Emotion (P):

- **Score 0 - 4:** You may be struggling to experience positive emotions. Try challenging negative self-talk, engaging in activities that bring you joy, incorporating gratitude exercises, mindfulness, and or working thought-records into your days or weeks. Take one small, easily achievable step to start with. An easy first step suggestion: Imagine that standing in front of you is yourself at any chosen stage in your life, and compliment that version of yourself on something each day.
- **Score 5 - 9:** Positive emotions are present but may not be frequent or intense. Consider building on and adding practices that increase positive emotion (e.g., self-compassionate exercises, savoring happy moments, practicing mindfulness). Consider what already works, and build on those things. For example, if you experience positive emotion while listening to certain music then make more time for listening each day.
- **Score 10 - 12:** You experience positive emotions fairly regularly, though there may be room for more joy. Consider adding or building on existing practices or activities that uplift your mood.
- **Score 13 - 16:** Positive emotions are a strong part of your daily life. Keep nurturing them through gratitude and positive affirmations.

### Engagement (E):

- **Score 0 - 4:** You may not feel engaged in activities that stimulate or challenge you. Try exploring new hobbies or activities that require focus and skill development. Try challenging avoidance behaviours by breaking tasks into smaller, more manageable steps.
- **Score 5 - 9:** Engagement could improve with more challenging or immersive activities. Try to find more opportunities for flow experiences, and challenging avoidance behaviours by breaking tasks into smaller, more manageable steps.
- **Score 10 - 12:** You experience good engagement in your life, but there may be more room for activities that deeply captivate you or to build on existing ones that do.
- **Score 13 - 16:** You are highly engaged in your daily activities and likely experience flow regularly. Keep building and seeking out new challenges and passions.

### Relationships (R):

- **Score 0 - 4:** Building meaningful relationships may be challenging. Try reaching out to people you know and feel safe with, being open to new relationships, open to receiving support, joining new groups, programs, or activities, or connecting with a pet.
- **Score 5 - 9:** Your relationships may need more attention or effort. Consider focusing on communication, trusting, and connection with current people in your life, pursuing new relationships, joining new groups, programs or activities, or connecting with a pet.
- **Score 10 - 12:** Your relationships are relatively strong. You likely have close connections but could benefit from nurturing them further. Practice expressing gratitude to those existing relationships.
- **Score 13 - 16:** Your relationships are a strong source of support and happiness. Continue to nurture these bonds through gratitude and effort.

### Meaning (M):

- **Score 0 - 4:** You may be feeling a lack of purpose or meaning in life. Try discovering and reflecting on your values and which ones give you a sense of fulfillment, acknowledge how you might already align with some of those values, and incorporate ways of practicing your values further. For example, if you value adventure, seek out a new place to visit. Or if you value generosity, give to a cause that speaks to you or give a gift to someone randomly.
- **Score 5 - 9:** You may have some sense of purpose, but it could be clearer. Explore and acknowledge ways that you already align your actions with your core values, and incorporate new ways to do so, or build on those existing ways. For example, if you value kindness, incorporate a specific act of kindness that you know may feel meaningful.
- **Score 10 - 12:** Meaning is present in your life, but deeper reflection may help uncover further purpose. Focus on adding to existing activities that align with your values, or consider adding different actions to align with other values that you'd like to build on.
- **Score 13 - 16:** You have a strong sense of meaning and purpose. Continue to cultivate this through meaningful activities and reflection.

### Accomplishment (A):

- **Score 0 - 4:** You may feel a lack of progress or achievement. Reflect on past successes in your life and acknowledge them objectively as if you were speaking to a friend. Consider setting small, easily achievable goals in areas that you know you're good at already to build confidence and momentum. For example, if you know you're good at organizing, tackle some areas in your life to organize. If you know you're good at relaxing, then create a relaxing activity for yourself and consider it a success for your health. Try not to see your life through others' perspectives and acknowledge every success even if they seem small. Acknowledging and building on your strengths will give you momentum and motivation in more aspects in your life in the long run. Always celebrate every small success.
- **Score 5 - 9:** You achieve some goals but may struggle with consistency. Try setting more specific, measurable goals and tracking your progress. Always acknowledge and build on your strengths to foster more momentum and motivation in the long run. Always celebrate every small success.

- **Score 10 - 12:** You experience regular accomplishment, though there may be room for growth in goal-setting and challenge-seeking. Always acknowledge and build on your strengths to foster more momentum and motivation in the long run. Always celebrate every small success.
- **Score 13 - 16:** You are goal-oriented and achieve a high level of satisfaction in your accomplishments. Keep setting new challenges and celebrating successes.

### Vitality (V):

- **Score 0 - 4:** Physical well-being may be a concern. Focus on improving exercise, sleep, and nutrition to boost vitality. Start with one small step each day or week, then increase the challenge after a certain chosen time or when you feel that you're ready. For example, take a 2 minute walk each day for a week, then increase it to 5 the next week or when you feel that you're ready for an increase. If you're not able-bodied, focus on sleep and nutrition and incorporate possible movements for the body parts that you can move, or be specific to what your body is capable of. Even simple eye-movements can increase vitality and reduce fatigue.
- **Score 5 - 9:** Your vitality could improve with more attention to physical health. Try to establish healthy routines that support your energy and wellness. Start with one small step each day or week, then increase the challenge after a certain chosen time or when you feel that you're ready. For example, take a 2 minute walk each day for a week, then increase it to 5 the next week or when you feel that you're ready for an increase. If you're not able-bodied, focus on sleep and nutrition and incorporate possible movements for the body parts that you can move, or be specific to what your body is capable of. Even simple eye-movements can increase vitality and reduce fatigue.
- **Score 10 - 12:** You experience good vitality, but there may be areas to improve (e.g., more sleep, improving on an existing exercise routine). Continue to build on current strengths, and add realistic challenges to your habits and routines.
- **Score 13 - 16:** You are physically healthy and energetic. Maintain your routine and continue prioritizing your physical well-being.

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### Next Steps:

Based on your scores, you can start to understand what areas of your life might need more attention. Consider setting s.m.a.r.t goals for each area (e.g., practicing mindfulness for positive emotion, setting a goal for physical activity for vitality, or deepening relationships through regular check-ins). Make sure to focus on what strengths you have and how you can use them to achieve your goals.

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This scoring system provides a clearer and more consistent way of understanding your well-being across the **PERMA-V** model. It helps identify specific areas of focus for enhancing overall life satisfaction.

This assessment is not a professionally designed or validated psychological tool. It has been created by a student for educational purposes and should not be used as a substitute for professional psychological evaluation or diagnosis. The information provided is based on the **PERMA-V** model of well-being and general psychological concepts, but it is not intended to replace or be used as a formal assessment conducted by a licensed mental health professional. If you have concerns about your mental health or well-being, please consult a qualified therapist, psychologist, or other licensed mental health professional.

# THE HAPPINESS MODEL

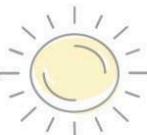
This model of well-being, developed by psychologist Martin Seligman, focuses on five elements that research has shown to contribute to overall life-satisfaction. Use this acronym to intentionally practice each aspect of this model to create a more fulfilling, balanced and thriving life. The goal is not to “feel good,” but to interact mindfully and deeply with life, and to enhance it in a sustainable way.

## P

**Positive Emotion:** Experiencing joy, gratitude, fulfillment, and love.

Pursue ways of feeling healthy and good in the moment as often as possible.

*Implement:* Gratitude, Savoring positive experiences, cultivating optimism.



## E

**Engagement:** Becoming deeply involved and absorbed in activities. Think of challenging or interesting activities that can fully capture your attention, that may help you grow or learn, then pursue them often.

*Implement:* Mindfulness, limiting distractions, setting clear goals, Identifying strengths and interests.



## R

**Relationships:** Having supportive and meaningful relationships. Pursue healthy social connections with others.

*Implement:* Nurturing existing healthy relationships, building new healthy connections, practicing active listening, showing kindness.



## M

**Meaning:** Finding purpose or meaning in life, often linked to larger goals or causes.

Pursue meaning either through community, spirituality, creativity, philosophy, career or personal values.

*Implement:* Identify core values and beliefs, volunteer or contribute, set and pursue purposeful goals which align with the identified values and beliefs.



## A

**Accomplishment:** The pursuit of goals and a sense of achievement. Remember past accomplishments and strengths. Pursue competency and success in various areas of life, whether professionally, personally, or within your community.

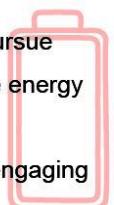
*Implement:* Set achievable goals, track progress, challenge yourself, reflect on successes.



## V

**Vitality:** The sense of energy and health, that enables individuals to thrive. Pursue physical health and well-being, building energy levels up, a zest for life, and the energy that comes from emotional and psychological balance.

*Implement:* Physical exercise, eating well, prioritizing sleep, managing stress, engaging in activities that energize you.



# HOW TO APPLY THE PERMA-V MODEL

1. **Assess your fulfillment** - Identify which of these 6 areas feel fulfilled & lacking
2. **Set Intentions** - for Building on strengths and making Improvements
3. **Take Action** - Implement small, sustainable actions to nurture each area
4. **Monitor Progress** - Regularly check in with yourself to assess then adjust as needed
5. **Celebrate wins (no matter how small you may see them as)** - Recognize and celebrate your efforts and achievements to keep achieving more!

