



# Feel good with PERMAH!

Write or draw activities you like to do, that fill each of the six wellbeing buckets below!



**P**

**BOOST POSITIVE EMOTIONS**

**E**

**ENGAGEMENT - GET IN YOUR FLOW STATE**

**R**

**FOSTER POSITIVE RELATIONSHIPS**

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**M**

**INFUSE MEANING**

**A**

**FEEL A SENSE OF ACHIEVEMENT**

**H**

**IMPROVE PHYSICAL HEALTH**

