

Wellbeing & Flourishing Check-In

WHAT BRINGS MEANING, JOY & A LIFE WELL LIVED

Inspired by three widely validated frameworks in positive psychology: Martin Seligman's PERMA model of wellbeing (Flourish, 2011), Diener et al.'s research on subjective life satisfaction (1985), and the VIA Classification of Character Strengths (Peterson & Seligman, 2004). The prompts below are original, and are not the validated instruments themselves.

Positive psychology asks not only what relieves suffering, but what allows a person to flourish. This check-in draws on validated research frameworks to help you notice where your wellbeing is strong, and where more attention could bring greater meaning, connection and joy.

THE PERMA MODEL OF WELLBEING

Rate each area from 0 (not at all) to 10 (completely), based on the past few weeks.

	DOMAIN	REFLECTION PROMPT	SCORE (0–10)
P	Positive Emotion	How often have you felt joy, gratitude, hope, amusement or contentment recently?	0 ----- 10
E	Engagement	How often do you become absorbed in something that challenges or interests you?	0 ----- 10
R	Relationships	How supported, connected and cared for do you feel by others in your life?	0 ----- 10
M	Meaning	How much do you feel your life is directed by, and serving, something you find worthwhile?	0 ----- 10
A	Accomplishment	How often do you pursue and achieve goals that matter to you, for their own sake?	0 ----- 10

HOW SATISFIED DO I FEEL WITH MY LIFE, OVERALL?

Original reflection prompts, inspired by research on subjective life satisfaction (Diener et al., 1985) – not the validated scale itself.

Stepping back from any one single event, how would I rate my life as a whole right now?

Compared to what I once hoped for, how does my life today actually compare?

If a close friend described my life honestly, what would they say I have going well?

What would need to be different for me to feel more at peace with how things are?

CHARACTER STRENGTHS

From the VIA Classification (Peterson & Seligman, 2004) – circle or tick 3–5 that feel most like you.

☐ Creativity

☐ Curiosity

☐ Judgment

☐ Love of learning

☐ Perspective

☐ Bravery

☐ Perseverance

☐ Honesty

☐ Zest

☐ Love

☐ Kindness

☐ Social intelligence

☐ Teamwork

☐ Fairness

☐ Leadership

☐ Forgiveness

☐ Humility

☐ Prudence

☐ Self-regulation

☐ Appreciation of beauty

☐ Gratitude

☐ Hope

☐ Humour

☐ Spirituality

WHAT BRINGS MEANING AND JOY

Hope, gratitude and love are among the emotions most strongly linked to life satisfaction (Park, Peterson & Seligman, 2004).

MOMENTS OF JOY

What is something small that brought you genuine delight recently?

SOURCES OF MEANING

What feels worthwhile to you – beyond your own immediate comfort?

GRATITUDE

What or who are you grateful for, right now?

FLOW & ENGAGEMENT

When did you last lose track of time doing something you enjoy?

MY STRONGEST AREA RIGHT NOW

Which PERMA domain scored highest, and how might I build on it?

ONE AREA I'D LIKE TO NURTURE

Which domain feels lowest, and what is one small step this week?

SOURCES

Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Free Press. · Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale (concept reference only; items on this page are original). *Journal of Personality Assessment*, 49(1), 71–75. · Peterson, C. & Seligman, M. E. P. (2004). *Character Strengths and Virtues: A Handbook and Classification*. Oxford University Press. · Park, N., Peterson, C., & Seligman, M. E. P. (2004). Strengths of character and well-being. *Journal of Social and Clinical Psychology*, 23(5), 603–619.