

HEALTH CHECK OF OPTIMISM LEVELS

TRY THIS

There are 5 elements essential to lasting contentment. Ask yourself to what extent these are in your life and how you could go about encouraging more of each. It's like taking a little health check of your optimism levels.



POSITIVE EMOTION

Peace, gratitude, satisfaction, pleasure, inspiration, hope, curiosity and love – positive emotions and the extent to which you feel these/bring these into your life matter immensely.



Ask yourself:

How often do I experience positive emotions in my life generally as well as day-to-day?



ENGAGEMENT

Losing yourself in a task or project – gives a sense of “disappeared” time because we are so highly engaged – also known as being in flow and having a sense of purpose



When was the last time I experienced that state of flow where I felt lost in what I was doing?



RELATIONSHIPS

People who have meaningful, positive relationships with others are happier than those who don't



Do I have positive relationships with my friends/family? How can I strengthen these?



MEANING

Meaning comes from serving a cause bigger than yourself. Whether religion or something that helps humanity in some way. Having a sense of purpose in life, a direction where life is going, feeling that life is valuable and worth living, or connecting to something greater than ourselves, such as religious faith, a charity or a personally meaningful goal. Meaning provides a sense that life matters.



What fulfils meaning for me in my life? Where can I find purpose?



ACCOMPLISHMENT/ACHIEVEMENT

To feel significant life satisfaction we must seek to better ourselves. This is about working towards goals, staying on top of daily responsibilities.



To what extent do I feel that I am working towards my goals and taking care of day-to-day responsibilities?

Although not part of the PERMA model itself, physical health and vitality is another important part of well-being.

