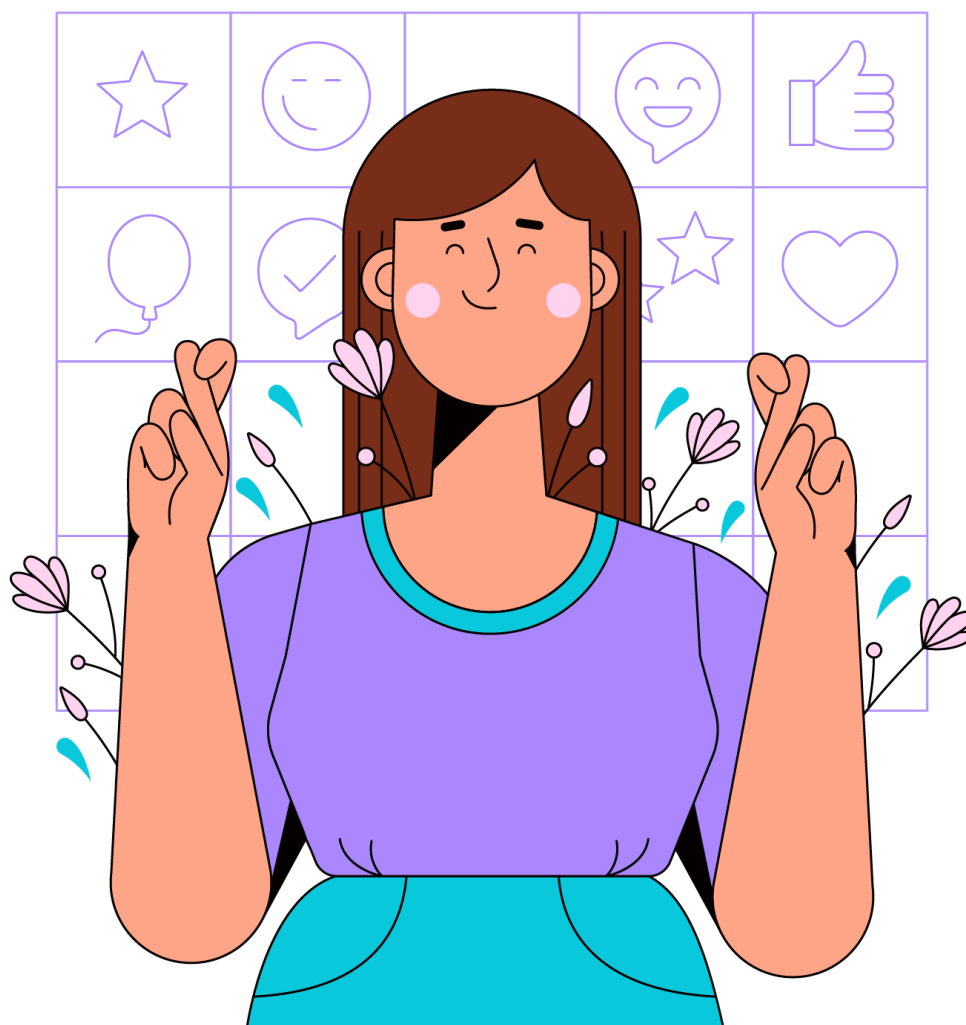


:PERMA:DIGITAL

PERMA-Digital Activity Sheet



PERMA-Digital Activity Sheet

Topic: Evaluating your Experiences

What you should do

Follow the steps below:

- Think about your personal and professional experiences.
- For each PERMA element, provide at least one example where you experienced it.
- Then explain why that experience was important for your well-being.

Think of the following:

- Which PERMA element shows up most strongly in your life right now?
- Which element do you feel needs more attention, and how might you strengthen it? Why do you think that this element needs more attention?

Table

PERMA Element	Example from My Life (Personal or Professional)	Why it Matters for My Well-being
Positive Emotions (joy, gratitude, hope, optimism)		
Engagement (flow, being absorbed in an activity)		
Relationships (trust, connection, support)		
Meaning (purpose, values, contribution)		
Accomplishment (achievement, progress, mastery)		

Example - Evaluating your Experiences

TABLE: PERMA ELEMENTS		
PERMA Element	Example from My Life (Personal or Professional)	Why it Matters for My Well-being
Positive Emotions (joy, gratitude, hope, optimism)	e.g., Feeling grateful after a colleague supported me during a stressful week	Helped me stay motivated and reduced stress
Engagement (flow, being absorbed in an activity)	e.g., Getting immersed in designing a new project plan	Increased focus and gave me energy
Relationships (trust, connection, support)	e.g., Having regular coffee chats with a trusted colleague	Built a sense of belonging and reduced isolation
Meaning (purpose, values, contribution)	e.g., Volunteering at a community event	Gave me a sense of purpose and alignment with values
Accomplishment (achievement, progress, mastery)	e.g., Completing a challenging training course	Boosted my confidence and sense of growth