

PERMA



Learn more here

Dr. Seligman's PERMA™ theory of well-being is an attempt to answer these fundamental questions. There are five building blocks that enable flourishing – **P**ositive Emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment (hence **PERMA™**) – and there are strategies to increase each.

RAFT has compiled some ideas to fulfill each category, and categorized them by how much time they take, how much energy they require, and approximately how much money they will cost.

Positive Emotions

Engagement

Relationships

Meaning

Accomplishment

	Low Time / Low Energy	Low Time / High Energy	High Time / Low Energy	High Time / High Energy
Positive Emotions	<ul style="list-style-type: none"> Watch cute animal videos on Youtube or TikTok - \$ Do a breathing exercise or close your eyes for 5 minutes - \$ Call a friend for a quick catch-up - \$ Read an excerpt from a favorite book - \$ 	<ul style="list-style-type: none"> 5-minute dance party - \$ Take a 20 minute run or jog - \$ Share and explain your gratitude for someone - \$ 	<ul style="list-style-type: none"> Watch a funny movie or read a feel-good book - \$ Get a massage or have a spa day - \$\$\$ Take a nap - \$ 	<ul style="list-style-type: none"> Take a hike or go on a long walk - \$ Take a day trip to somewhere new - \$\$\$ Prepare a home cooked meal and sit down to eat it - \$\$-\$\$\$\$
Engagement	<ul style="list-style-type: none"> Doodle, color a coloring page or do a zen tangle for 10 minutes - \$ Journal about things that are on your mind - \$ Reflect on your gratuities and write them down - \$ 	<ul style="list-style-type: none"> Watch and participate in a short YouTube fitness/workout/dance video - \$ Stroll through a garden or garden center at a local store. - \$ Review your day and plan tomorrow - \$ 	<ul style="list-style-type: none"> Read a book on a subject you're interested in - \$ Stroll through your favorite store. Just stroll and look. \$-\$\$\$ Re-watch your favorite movie or one that's been on your list - \$-\$\$ 	<ul style="list-style-type: none"> Work on a creative project - \$-\$\$\$ Play a board or video game (you already own) - \$ Buy and play a new board or video game - \$\$-\$\$\$\$ Write (journal, story, poem, etc.) - \$
Relationships	<ul style="list-style-type: none"> Text a friend or family member - \$ Grab coffee with a coworker - \$\$ Tell someone you appreciate them - \$ Find a quiet spot in your house and be alone - \$ 	<ul style="list-style-type: none"> Call a friend or family member - \$ Chat with a coworker for 10 minutes - \$ Answer emails \$ Call a friend to make plans (energy level depends on the friend) - \$ 	<ul style="list-style-type: none"> Get dinner or lunch with a friend or family member - \$\$ Invite someone over for a movie night - \$ Celebrate a friend or family members accomplishment - \$-\$\$\$ Celebrate your own accomplishment - \$-\$\$\$ 	<ul style="list-style-type: none"> Go Shopping with a friend or family member - \$\$ Do an outdoor activity with a friend or family member - \$ Have a challenging conversation you have been avoiding - \$
Meaning	<ul style="list-style-type: none"> Take a moment to reconnect with your values - \$ Take a moment to review your strengths - \$ 	<ul style="list-style-type: none"> Donate to a local charity - \$\$-\$\$\$\$ Keep a daily reflection journal - \$-\$\$ 	<ul style="list-style-type: none"> Read a book that connects you to your faith - \$-\$\$ Listen to a podcast about something you care about - \$ 	<ul style="list-style-type: none"> Volunteer at a local charity or organization - \$ Work in your own garden or a community garden - \$ Call someone and have a meaningful conversation - \$
Accomplishment	<ul style="list-style-type: none"> Post/repost a link on social media to something you participated in that you are proud of. - \$ Do a 5 minute language lesson on DuLingo \$ Solve the daily Wordle - \$ 	<ul style="list-style-type: none"> Spend 10 minutes decluttering/cleaning/fixing something in your home. - \$ Organize the pile of papers on your counter - \$ Stretch for 10 minutes, or every time you get out of your chair - \$ 	<ul style="list-style-type: none"> Start reading that book that's been sitting on your nightstand for a while - \$ Complete a puzzle - \$ 	<ul style="list-style-type: none"> Finish a project you've been putting off - \$ Compete in a marathon or similar activity - \$ Enroll in a class and learn something new - \$\$-\$\$\$\$ Sign up for an exercise class - \$\$-\$\$\$

Free : \$ \$1 - \$50 : \$\$ \$51 - \$200 : \$\$\$ \$200 + : \$\$\$\$