

Research-Backed Strategies To Help You Flourish

WHAT IS FLOURISHING?

Flourishing is a state of successful growth and happiness. You feel very satisfied with life and have a lot of emotional, social and mental well-being.

THE SCIENCE OF FLOURISHING

The acronym PERMA captures five central elements of human flourishing, each independently measured and enhanced. Character strengths are pathways to each of these five areas.

Positive emotions
Engagement
Relationships
Meaning
Achievement



Learn more about all of the character strengths that can help you flourish at:
<https://www.viacharacter.org/character-strengths>

References: Lambert and colleagues (2011); Hone and colleagues (2015); Langer (2006); Proyer and colleagues (2013); Kashdan and colleagues (2017); Harzer and Ruch (2016); Cheavens and colleagues (2006).

BOOST PERMA, START FLOURISHING

Use your character strengths and boost the 5 areas of PERMA with the research-based activities below. Each action-oriented intervention comes from the book [Character Strengths Interventions](#).

P

POSITIVE EMOTIONS

Feeling pleasant feelings such as joy, excitement, interest, hope, and contentment come from many sources, one of which can be reflecting on something good that happened during your day and sharing it with others.

EXERCISE: Share an example of something good that happened to you today. Name the character strengths that you used that contributed to the good feelings.

E

ENGAGEMENT

There are seemingly countless ways we might use our signature strengths to engage more at work, at play, and in whatever we are currently focused on. And there is good reason to do so, as workers who reported high strengths use at work were 18 times more likely to be flourishing than those who reported low strengths use.

EXERCISE: Engage in a household chore or a work project by thinking of 3 novel things about the activity while you do it. Use your senses and your mindful awareness to experience the task in this new way.

R

RELATIONSHIPS

Couples who recognize and appreciate the character strengths of one another have more committed and successful relationships. Put simply: They're happier in the relationship.

EXERCISE: Name one example of how your partner has used each of their top 3 strengths in an admirable way. Share this with them and explain why this is important to you.

M

MEANING

Workers who use their signature strengths at work are more likely to experience meaningful work – their job becomes a "calling" in their life.

EXERCISE: Align one of your signature strengths with your top 3 work tasks (e.g., running a meeting, filing papers, emailing a customer).

A

ACHIEVEMENT

We can directly accomplish more in life by creating goals and taking steps to reach them. Goals can be big or small. The best ones are specific and reachable. Hope is a central part of this.

EXERCISE: Set a goal of something you would like to accomplish. Build hope by thinking of at least 3 ways you can achieve your goal and at least 3 positive thoughts you can use to motivate yourself to stay focused on it.