

The Science of Happiness: An Introduction to Positive Psychology

Activity 2

Worksheet 2

1.- What do you think each PERMA element means? (For instance, what does 'engagement' mean?)

Positivity: _____

Engagement: _____

Positive Relationships: _____

Meaning: _____

Accomplishments: _____

2.- How can people incorporate these elements into their lives?

3.- Do you think it is easy to incorporate these elements in their lives? Or do you think it might be difficult?

4.- Can you imagine which attitudes or activities people can do to show they are living with the PERMA elements in their lives?

When you are finished answering these questions, I encourage you to share your thoughts with the rest of the class.

