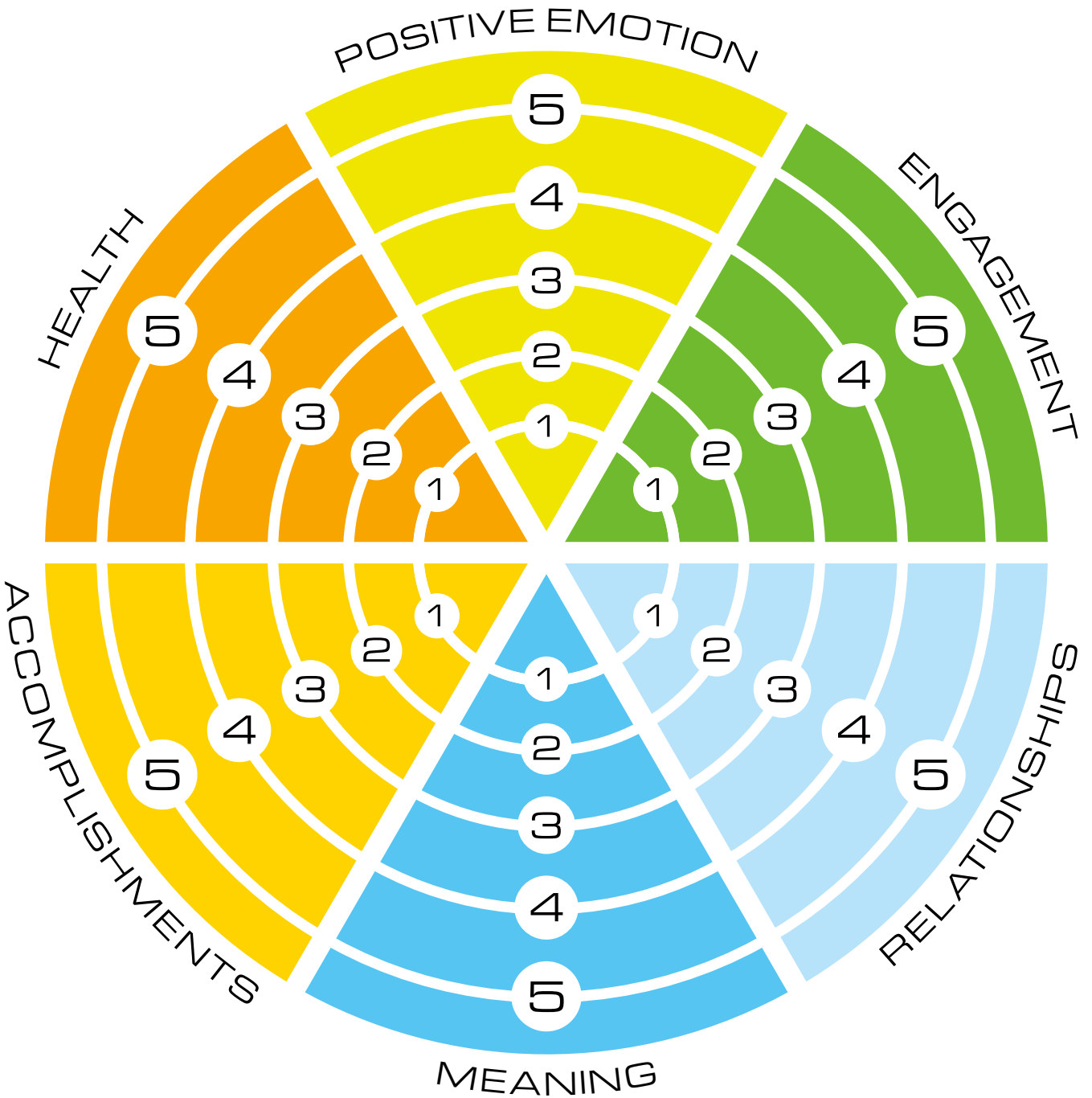


THE PERMAH WHEEL OF WELL-BEING



NOTES TO MY FUTURE SELF:

INSTRUCTIONS

The PERMAH Wheel of Well-Being is a circle divided into 6 parts, labelled by category.*
You'll see 5 circles sitting on top of each part.

Below, you'll see two statements about each category within PERMAH.

Mark an **X** over the number that is in alignment with how strongly you agree or disagree with those statements.

- 1** means you strongly disagree
- 2** means you disagree
- 3** means you are neutral on the subject
- 4** means you agree
- 5** means you strongly agree

POSITIVE EMOTION

Over the last week, in general, I had a sense of gratitude for my life and my body.
I was able to find more good things than bad in my day.

ENGAGEMENT

I found it easy to stay focused on the task in front of me.
When I was with my family and/or friends I was able to be fully present.

RELATIONSHIPS

I have friends that I can share my wins and struggles with.
I'm able to be on my own and enjoy my own company.

MEANING

I have things in my life that I'm looking forward to.
I wake up with a sense of anticipation for the day ahead of me.

ACCOMPLISHMENTS

I feel pride for showing up and doing my best.
I can take the time to savour my successes, however small or large.

HEALTH

I feel good about my fitness and eating choices.
I have the energy to do the things in life I care about.

Now connect the X's on your page with one line. Perhaps it's one big circle that follows a number, or maybe it looks a bit more like a crooked star. There is no award here, and no judgment—it's simply a tool for awareness.

Underneath the Wheel of Well-Being, you'll see space to write some notes. If something in particular had an influence on your sense of well-being (for better or worse), jot it down. This reflection will help you remember not only how you felt, but why. It'll be very helpful to you in the future.

Over time, we'd love to see your connecting shape look more like a large circle—aligning with the 4 and 5 on your sheet. If there is an area where you marked a 1 or 2, just notice it. In the next few months we'll be sharing plenty of tools and strategies that will help you strengthen these areas of your life.

We encourage you to revisit the PERMAH Wheel of Well-Being about every four months. Continue to write down your thoughts or things you want to remember that have influenced your Wheel of Well-Being in either direction.

When you bring awareness to the things that impact your ability to flourish and thrive, you'll be able to apply inspired action and create more of what you want in your life. It will also give you the knowledge to help let go of things that no longer serve you. From this informed place you can create your path to your best possible future.