

| Perma+V | Things I am currently doing | Plans for the future | My current level of satisfaction 1 - 2 - 3 - 4 - 5 Low High |
|---|------------------------------------|-----------------------------|---|
| Positive Emotion - Optimism - Excitement - Celebrating successes - Taking charge | | | |
| Engagement - Involvement - Fulfilling interests - Community - Learning | | | |
| Relationships - Family - Friends - Social network - Community | | | |
| Meaning - Purpose - Goals - Values - Spirituality | | | |
| Achievement - Big and Small wins - Goals - Bucket list - Work and education | | | |
| Vitality - Fun activities - Exercise - Mental health - Resilience | | | |