

PERMAH Planning:

Stay Focused on What Matters Most

Date: _____

Positive feelings: What is one thing I can I do today that will lift my mood, my heart or my spirit?

Engagement: What do I feel like doing that I love so much it makes me lose track of time?

Relationships: How can I nurture an important relationship today?

Meaning: What can I do that contributes to the greater good? How can I use my experience or talents to help someone else?

Accomplishment: What can I do that will make me feel like I've achieved something important?

Health: What shall I do to nurture my body?