



	P E R M A				
	Emotions	Engagement	Relationships	Meaning	Accomplishments
	Live your good life authentically by applying your character strengths to your flow activities, creating meaning for you and value for others				
Summary	The Good Life	Flow	Authenticity		Pillars
Key Themes	Purpose	Character strengths	Trust	Self-Worth	HEALTH RELATIONSHIPS HOME DEVELOPMENT CAREER FINANCE
	Gratification		Purpose		
	Pleasure		Identity		
	Leaned Optimism	Competence	Values		
			Beliefs		
			Competence	Behaviour	
		Environment	Well-formed outcomes		
Pioneers	Seligman	Csikszentmihalyi	Covey	Frankl	Dweck
	Frederickson	Niemiec	Dilts	Rogers	Ryan