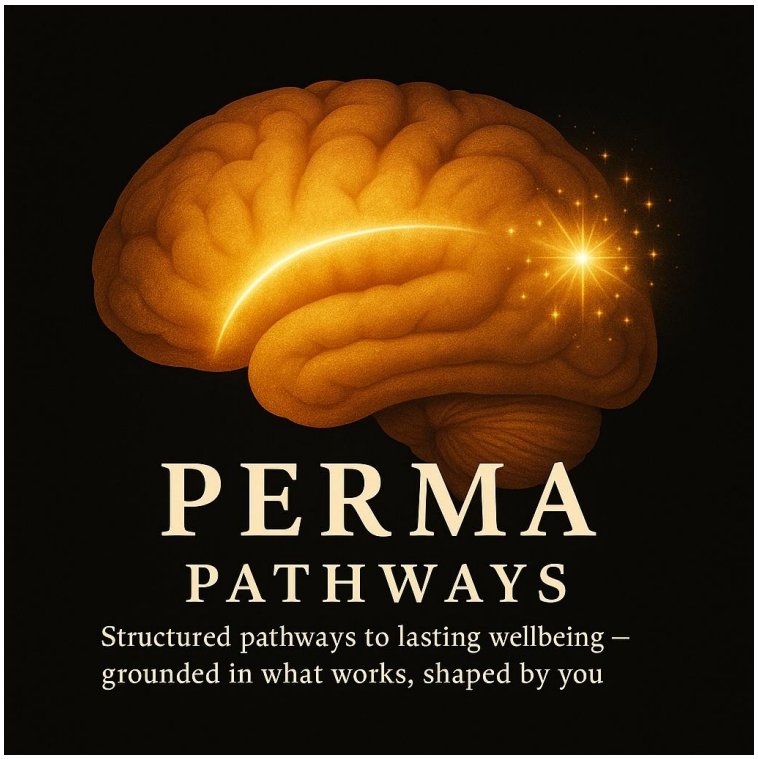

The PERMA 7-Day Reset

A practical reset for calmer focus, better mood, and steady momentum

10 minutes a day. Small actions, real traction

For high-functioning adults who feel stuck in stress, overthinking, low mood, or irritability — and want a structured way forward

What is PERMA?

PERMA is a widely used Positive Psychology model of wellbeing. t's not about being happy all the time — it's about building a more stable, meaningful life over time.

PERMA's five pillars

Pillar	What it means
Positive Emotion	more calm/relief/hope (not constant happiness)
Engagement	less mental noise, more absorbed presence
Relationships	connection + healthy boundaries
Meaning	living in line with what matters
Accomplishment	progress that builds self-trust

Why this works

When stress is high, your brain narrows—attention sticks to threats and problems. This reset gives you small daily actions that widen your options again.

How this links to PERMA Pathways

If you feel a shift from this pack, the reason is simple: structure beats willpower. PERMA Pathways is the guided 10-session programme that takes this further with hypnotherapy, tools, and support.

How to use this pack

Choose your depth

- Minimum: score once + do Days 1–7
- Better: add a one-sentence note each day
- Best: repeat your top 2 actions for a second week

PERMA Scorecard (0 = struggling, 10 = strong)

PERMA area	Score (0–10)	One-sentence note (what's going on?)
Positive Emotion		
Engagement		
Relationships		
Meaning		
Accomplishment		

Interpreting your score

What low scores often mean

If this is low...	A practical first move
Positive Emotion	Focus on calming the system first: one small stress-reduction action daily (sleep, walk, screen break)
Engagement	Create one 20-minute 'single-task block (20 mins)' most days. No multitasking, no phone
Relationships	One meaningful contact or one boundary this week. Small, honest, doable
Meaning	Write one sentence: 'What matters most to me this week is...' then take one action that matches it
Accomplishment	Pick one realistic goal you can finish in 30–60 minutes. Complete it and let the win register

Your 7-day PERMA reset plan

Keep the action small enough that you can do it even on a “bad day”

Day	Action
Day 1 – Calm the system	choose one small stress-lowering action (walk, early night, screens off 30 mins, tidy one area)
Day 2 – Build Positive Emotion	write 3 small good things (no forced positivity—just data)
Day 3 – Increase Engagement	20 mins absorbed single-task (work or hobby)
Day 4 – Strengthen Relationships	one warm message or one boundary
Day 5 – Reconnect with Meaning	‘The kind of person I want to be this week is…’ + one tiny aligned action
Day 6 – Accomplishment	one realistic finish-able task; let the win register
Day 7 – Review and reset	Review: rescore + decide the two actions you’ll repeat next week

If this helped, you don’t need more motivation — you need more structure. PERMA Pathways is the full, guided version — with sessions, materials, and support to keep momentum going.

If you’d like the structured version…

Online 1:1 programme launching January 2026

If completing this pack gave you a sense of clarity or movement, that’s the point: wellbeing becomes easier when the work is structured and repeatable. PERMA Pathways is the 10-session online programme designed to take this further — calmly, practically, and with steady progress.

Your next steps

Option 1 — Book a brief discovery call (recommended)

If you want to talk it through and see whether PERMA Pathways fits, book a brief call here: https://permahypnotherapy.co.uk/contact/

Option 2 — Stay in touch

If you're not ready, join the email list and I'll send practical, evidence-informed tools like this: https://permahypnotherapy.co.uk/perma-pathways/

After 7 days, many people notice

- improved sleep onset
- slightly calmer baseline
- more "I can do this" energy
- fewer spirals / faster recovery

No overpromises—just realistic signals

Bonus audio: 30-minute Calm Reset

Download your complimentary 30-minute Calm Reset Audio:

30-Minute Calm Reset Audio

Use it once daily for 7 days – best at the same time each day

With compliments of PERMA Hypnotherapy