

Flourish

The objective

Based on Martin Seligman's Framework for Well-being, this layout chart invites you to collect two foundation elements (Question 1 & 2) and three complimentary elements (Questions 3, 4 & 5) that amplify your sense of flourishing and fulfillment.

The Five Elements

You already possess these elements and can continue to harness them. Each element improves your sense of well-being. You pursue these elements for their own sake. You personally decide and measure how these elements amplify your life.

Pause

Stop, take a deep breath and ply your favorite upbeat song

Expanding

Now we're ready. Let's go! Choose 5 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

Focus and action

Write down your main insights. Decide what element you are ready to nourish and what you will do to nourish that element.

[2] Engagement - What puts me in a state of flow?

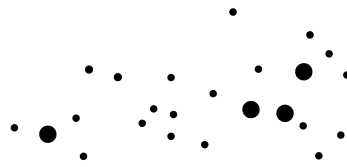
My card:

[1] Positive Emotion - When I am, most connected to feeling satisfied?

My card:

[3] Relationships - Who are the people that lift me up?

My card:



[4] Meaning - What greater purpose am I contributing into?

My card:

[5] Accomplishment - What gives me a sense of having achieved?

My card:
