

Positive Psychology Basics

Key Takeaways

- ① Happiness Is a Biological Necessity
- ② Happiness Drives Success, Not Vice Versa
- ③ The Three Levels of Wellbeing:
 1. Happiness (nature/nurture, set by set points)
 2. Enjoyment (high flow)
 3. Meaning (high flow+purpose)
- ④ Positive Psychology Basics

Quote:

“ Be a Good Animal,
True to Your Instincts ”

— D.H. Lawrence

Diagnostic

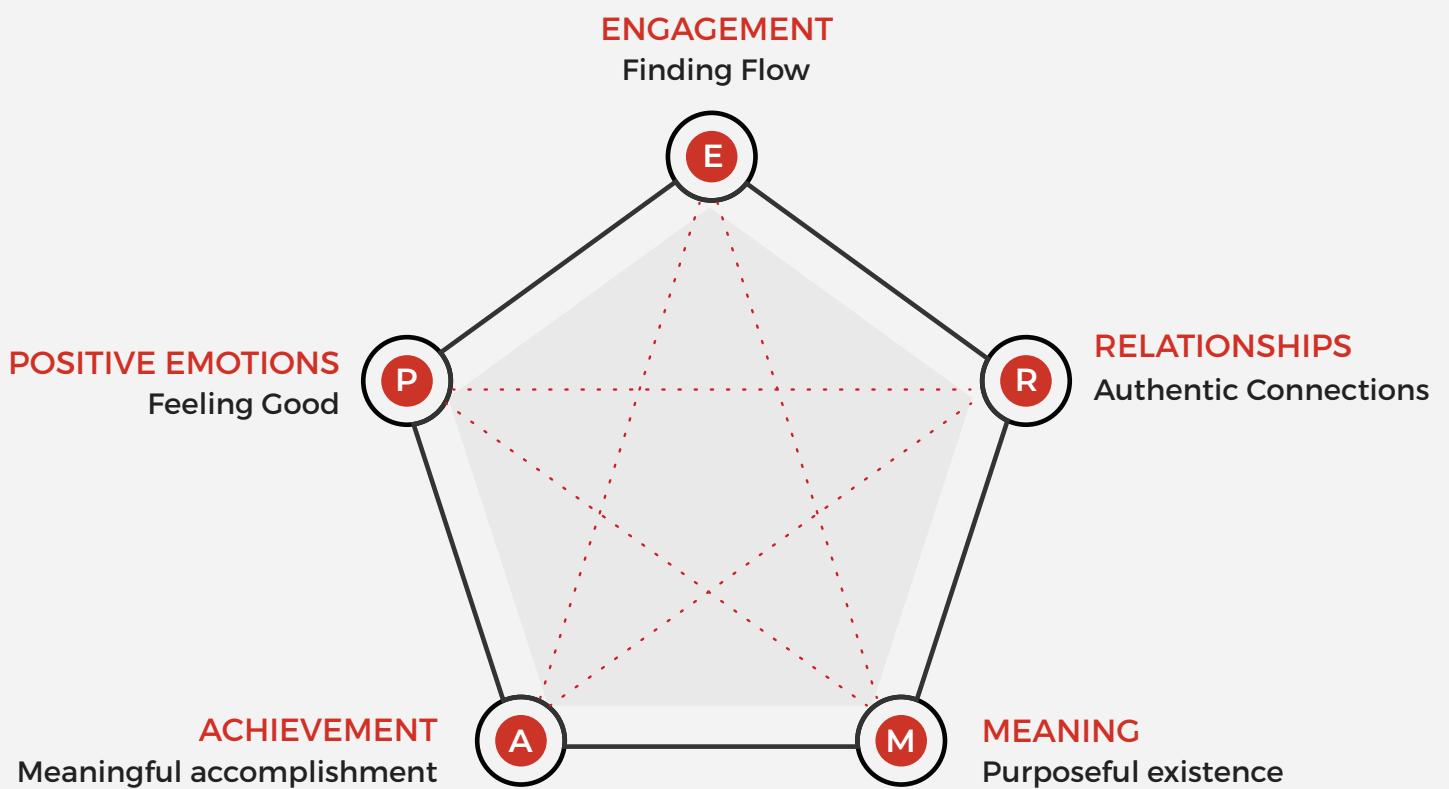
Take [Seligman's VIA Character Strengths Assessment](#) ↗

Exercise

The Perma Happy Map

See next page for details

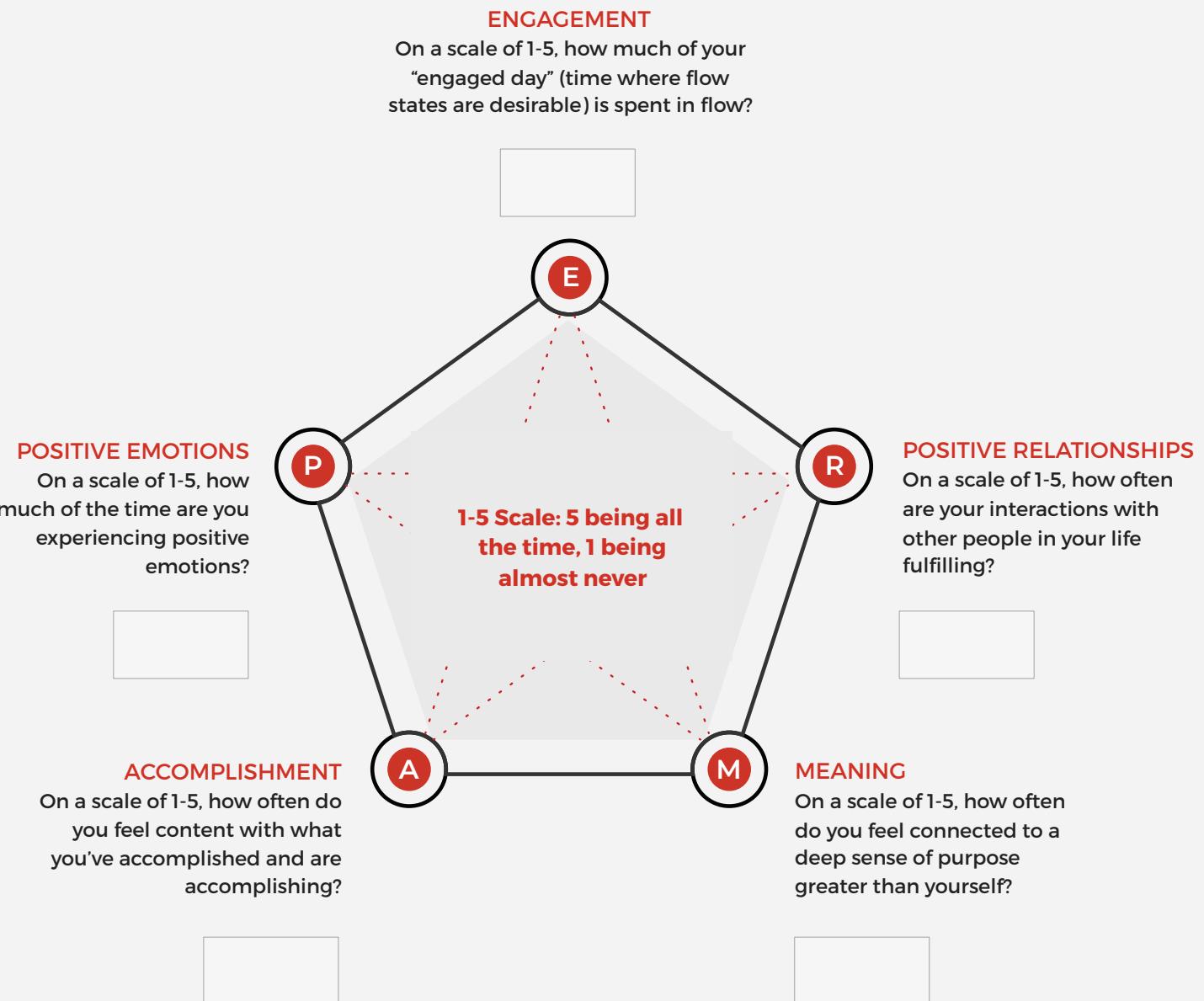
The Perma Happy Map



The PERMA Happy Map Implementation

Stage 1 - Mapping Baseline Happy:

Finding out where you sit with respect to each element of PERMA.



The PERMA Happy Map Implementation

Stage 2 - Finding The Source of Happy:

Determine the activities, experiences, people (etc.) that contribute most to your wellbeing.

ENGAGEMENT

What are the one or two activities in your life where you get into the deepest flow states?

POSITIVE EMOTIONS

What 20% of experiences bring you 80% of your positive experience?

E

P

R

A

M

POSITIVE RELATIONSHIPS

What 20% of your relationships bring you 80% of the relational contentment you currently experience?

ACCOMPLISHMENT

What are the one or two accomplishments, that would bring you maximal satisfaction over the coming X PERIOD?

MEANING

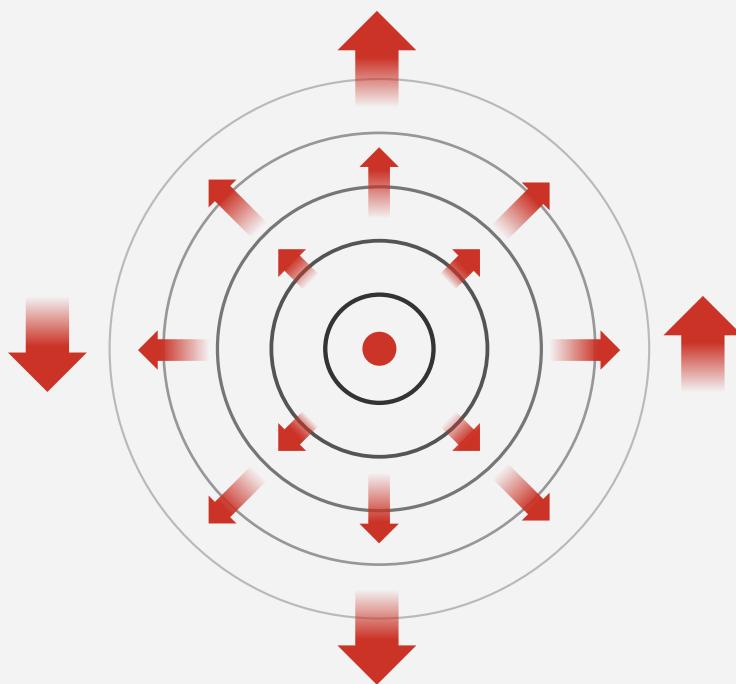
What activities make you feel most like you're contributing to something larger than yourself?

The PERMA Happy Map Implementation

Stage 3 - Rebalancing Happy:

Planning steps to expand the highest yield activities, experiences, people (etc.) to accelerate flourishing.

Write down the three next actions you are going to take to activate the PERMA Happy Map. Make sure that you have a specific plot - where and when - for each action so that you're committed to doing them.



Action 1

Action 2

Action 3

Glossary

Accurate Flow: Accurate Flow Is Simultaneous Happiness & Success. It Consists of Activities Leading to Goals and Wellbeing + Flow.

PERMA:

- P**ositive Emotions
- E**nagement
- R**elationships
- M**eaning
- A**ccomplishment

Notes

Lesson Resources

1. [The happiness advantage: how a positive brain fuels success in work and life](#)
By Shawn Achor
2. [Bringing happiness to Life](#)
By Tal Ben-Shahar
4. [The Perma happy model](#)
By University of Pennsylvania
5. [Hardwired for Happiness](#)
By Silvia H. Cardoso
6. [The value of positive emotions](#)
By Barbara L. Fredrickson
7. [A Darwinian theory of beauty TED Talk](#)
By Denis Dutton
8. [Blue spaces: why time spent near water is the secret of happiness](#)
By Elle Hunt
9. [Handbook of Positive Psychology, chapter](#)
By Nakamura, J., & Csikszentmihalyi, M, 195-206
10. [Authentic Happiness: Using the new Positive Psychology to realize your potential for lasting fulfillment](#)
By Martin E.P. Seligman Ph.D.
11. [Martin Seligman: The new era of positive psychology TED Talk](#)
12. [Positive Psychology with Martin Seligman](#)
13. ["The Happiness Advantage: Linking Positive Brains to Performance"](#)
TEDxBloomington - Shawn Achor
14. [Fredrickson B. L. \(1998\). What Good Are Positive Emotions?. Review of general psychology](#)
By Journal of Division 1, of the American Psychological Association, 2(3), 300-319
15. [Fredrickson B. L. \(2001\). The role of positive emotions in positive psychology. The broaden-and-build theory of positive emotions.](#)
By The American psychologist, 56(3), 218-226