

PERMA

Please read each of the following questions and then select the point on the scale that you feel best describes you.

All questions must be completed for this questionnaire to be scored.

1. In general, to what extent do you lead a purposeful and meaningful life?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 – Completely

2. How much of the time do you feel you are making progress towards accomplishing your goals?

0 - Never 1 2 3 4 5 6 7 8 9 10 – Always

3. How often do you become absorbed in what you are doing?

0 - Never 1 2 3 4 5 6 7 8 9 10 – Always

4. In general, how would you say your health is?

0 - Terrible 1 2 3 4 5 6 7 8 9 10 - Excellent

5. In general, how often do you feel joyful?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

6. To what extent do you receive help and support from others when you need it?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

7. In general, how often do you feel anxious?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

8. How often do you achieve the important goals you have set for yourself?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

9. In general, to what extent do you feel that what you do in your life is valuable and worthwhile?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

10. In general, how often do you feel positive?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

11. In general, to what extent do you feel excited and interested in things?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

12. How lonely do you feel in your daily life?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

13. How satisfied are you with your current physical health?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

14. In general, how often do you feel angry?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

14. To what extent have you been feeling loved?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

15. How often are you able to handle your responsibilities?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

16. To what extent do you generally feel you have a sense of direction in your life?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

17. Compared to others of your same age and sex, how is your health?

0 - Terrible 1 2 3 4 5 6 7 8 9 10 - Excellent

18. How satisfied are you with your personal relationships?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

19. In general, how often do you feel sad?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

20. How often do you lose track of time while doing something you enjoy?

0 - Never 1 2 3 4 5 6 7 8 9 10 - Always

21. In general, to what extent do you feel contented?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

22. Taking all things together, how happy would you say you are?

0 - Not At All 1 2 3 4 5 6 7 8 9 10 - Completely

