

HOW TO FLOURISH

THE
WORKSHEET

WHERE ARE YOU STRONG ?

WHAT CAN USE A LITTLE WORK ?

DO YOU HAVE A CONSISTENT LEVEL OF POSITIVE EMOTIONAL AFFECT ?

P
POSITIVE EMOTION

ARE YOU ENGAGING WITH YOUR LIFE AND CREATING MOMENTS OF FLOW ?

E
ENGAGEMENT

ARE YOU INVESTING YOUR TIME IN HEALTHY RELATIONSHIPS ?

R
RELATIONSHIPS

DO YOU HAVE A DEEP SENSE OF PURPOSE IN YOUR LIFE - AND CREATE YOUR LIFE ACCORDINGLY ?

M
MEANING

WHAT'S FIRING YOU UP THESE DAYS - ARE YOU CREATING MICRO WINS AND CELEBRATING THE PROCESS ?

A
ACHIEVEMENT