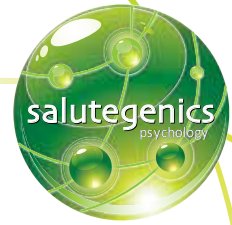


Salutegenics Psychology



PERMA Definitions

The Positive Life	The understanding that all emotions are important to human functioning. In this pillar, wellbeing is an awareness of the biological importance of positive emotions on the human body and the increase in capacity to think, manage and do.
The Engaged Life	An invitation to engage in your world from a strengths-based perspective. The language of positive psychology begins with an exploration of 24 Character Strengths and the role they play in the promotion of wellbeing and resilience.
The Relational Life	Humans are socially programmed. We affiliate and attract various people during the stages of our life. This pillar offers strategies that help guide our choices with other people. It helps build the social capacity that enable us.
The Meaningful Life	Life has depth; it is found when your values give meaning to your vocation. It is the understanding of how your sense of self is driven by a sense of purpose, and that this purpose has greater activation when you contribute to community that is beyond your immediate environment.
The Accomplished Life	Here are where dreams turn into possibilities. Intrinsic motivation is created in the goals that bring meaning in our lives. It is achieving those points that we chose to measure by way of planning, and recording the accomplishments along the way.