

**“Positive Psychology is the scientific study of optimal human functioning. It aims to discover and promote the factors that allow individuals and communities to thrive.”**

*-Dr. Martin Seligman, Past President of the American Psychology Association and Founder of Positive Psychology*

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences in their work and personal lives.

**The PERMA model** is a widely recognized and influential model in positive psychology. Seligman proposed this model to help explain and define well-being in greater depth through the following aspects:

- **P – Positive Emotions:** Even though seeking positive emotions alone is not a very effective way to boost your well-being, experiencing positive emotion is still an important factor. Part of well-being is enjoying yourself in the moment, i.e., experiencing positive emotions;
- **E – Engagement:** Having a sense of engagement, in which we may lose track of time and become completely absorbed in something we enjoy and excel at, is an important piece of well-being. It's hard to have a developed sense of well-being if you are not truly engaged in anything you do;
- **R – (Positive) Relationships:** Humans are social creatures, and we rely on connections with others to truly flourish. Having deep, meaningful relationships with others is vital to our well-being;
- **M – Meaning:** Even someone who is deliriously happy most of the time may not have a developed sense of well-being if they do not **find meaning in their life**. When we dedicate ourselves to a cause or recognize something bigger than ourselves, we experience a sense of meaning that there is simply no replacement for;
- **A – Accomplishment / Achievement:** We all thrive when we are succeeding, achieving our goals, and bettering ourselves. Without a drive to accomplish and achieve, we are missing one of the puzzle pieces of authentic well-being (Seligman, 2011).

The Flourishing Center, the world's leading positive psychology certification training program, has added to the original model by including Vitality (**PERMA-V™**). This reflects the importance of physical health, nutrition, sleep, and activity as crucial aspects in the full spectrum of life satisfaction and flourishing.

Applied Positive Psychology is a discipline that examines the intersections of body, brain, culture, and science to develop tools and practices that enhance human flourishing and well-being. Traditional psychology's focus is primarily on a disease model of treating mental illness and looks at fixing what is wrong. Positive psychology focuses on a wellness model, and asks, “What is right?” and “How can we leverage our strengths to thrive and flourish?”

## THE PERMA-V™ MODEL OF POSITIVE PSYCHOLOGY



**“Positive psychology is the scientific study of what makes life most worth living.” – Dr. Chris Peterson**