

# The PERMA Profiler

Never

Always

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

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

In general, how often do you feel joyful?

In general, how often do you feel anxious?

How often do you achieve the important goals you set yourself

Terrible

Excellent

In general, how would you say your health is?

Not at all

Completely

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

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

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

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

How satisfied are you with your current physical health?

Never

Always

In general how often do you feel positive?

In general how often do you feel angry?

How often are you able to handle your responsibilities?

In general how often do you feel sad?

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

Terrible

Excellent

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

Not at all

Completely

To what extent do you feel loved?

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

How satisfied are you with your personal relationships?

In general to what extent do you feel contented?

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

Developed by [Richard Lakeman](#) © 2023

Adapted from: Butler, J., & Kern, M. L. (2016). The PERMA-Profiler: A brief multidimensional measure of flourishing. *International Journal of Well-being*, 6(3). <https://doi.org/10.5502/ijw.v6i3.526>

# My PERMA Profile



Positive Emotion

Engagement

Relationships

Meaning

Accomplishment

Health

Negative

Emotion

Overall Well-being

Completed:

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