

## Self-Scoring PERMA Scale

Please read the following statements. Check the box that best represents you on a scale from NEVER (0) to ALWAYS (5).

	Never	Rarely	Sometimes	Most of the Time	Always
I feel joyful.	1	2	3	4	5
I feel positive.	1	2	3	4	5
I feel content.	1	2	3	4	5

Add up all the points for the checked boxes and write the number in the **P** box. This is your *positive emotion* score! The maximum score on this scale is 15 (extremely high *positive emotion*), and the lowest score on this scale is 0 (extremely low *positive emotion*).

**P** =

	Never	Rarely	Sometimes	Most of the Time	Always
I become absorbed in what I am doing.	1	2	3	4	5
I feel particularly excited or interested in things.	1	2	3	4	5
I lose track of time while doing something I enjoy.	1	2	3	4	5

Add up all the points for the checked boxes and write the number in the **E** box. This is your *engagement* score! The maximum score on this scale is 15 (extremely high *engagement*), and the lowest score on this scale is 0 (extremely low *engagement*).

**E** =

*(Please turn the page)*

	Never	Rarely	Sometimes	Most of the Time	Always
I receive help and support from others when I need it.	1	2	3	4	5
I feel loved.	1	2	3	4	5
I am satisfied with my personal relationships.	1	2	3	4	5

Add up all the points for the checked boxes and write the number in the **R** box. This is your *relationship* score! The maximum score on this scale is 15 (extremely high *relationship*), and the lowest scale on this scale is 0 (extremely low *relationship*).

R =

	Never	Rarely	Sometimes	Most of the Time	Always
My life is purposeful and meaningful.	1	2	3	4	5
My life is valuable and worthwhile.	1	2	3	4	5
I feel I have a sense of direction in my life.	1	2	3	4	5

Add up all the points for the checked boxes and write the number in the **M** box. This is your *meaning* score! The maximum score on this scale is 15 (extremely high *meaning*), and the lowest scale on this scale is 0 (extremely low *meaning*).

M =

	Never	Rarely	Sometimes	Most of the Time	Always
I feel I am making progress towards accomplishing my goals.	1	2	3	4	5
I am achieving the important goals I have set for myself.	1	2	3	4	5
I am able to handle my responsibilities.	1	2	3	4	5

Add up all the points for the checked boxes and write the number in the **A** box. This is your *accomplishment* score! The maximum score on this scale is 15 (extremely high *accomplishment*), and the lowest scale on this scale is 0 (extremely low *accomplishment*).

A =