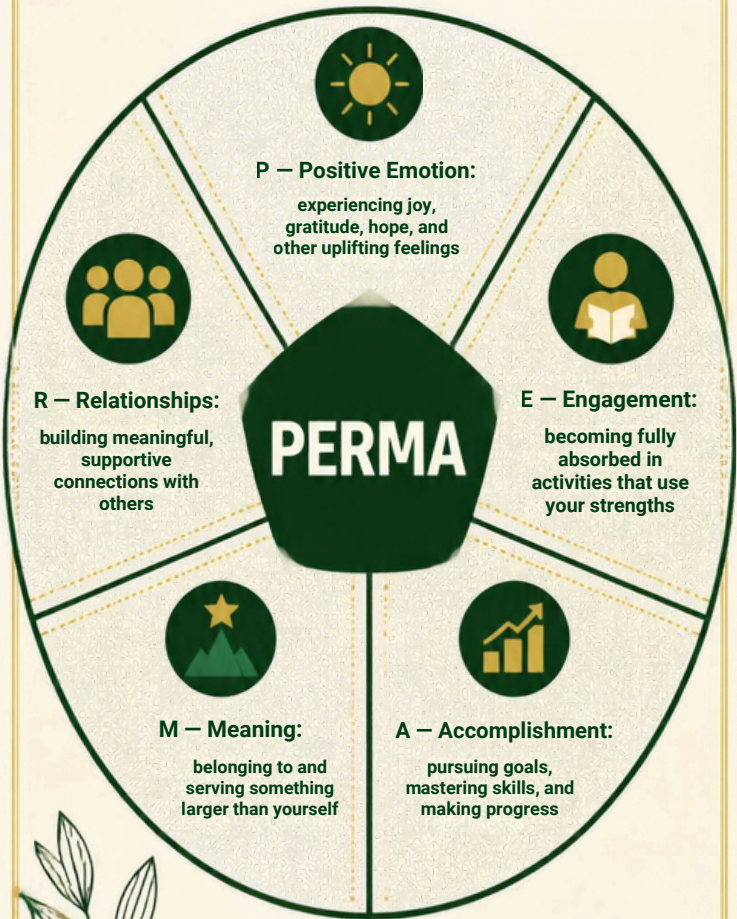


The PERMA Framework

Martin Seligman's model of well-being



Seligman, M. (2011). Flourish: A new understanding of happiness, well-being-and how to achieve them. Nicholas Brealey Pub.