

# Applied Positive Psychology

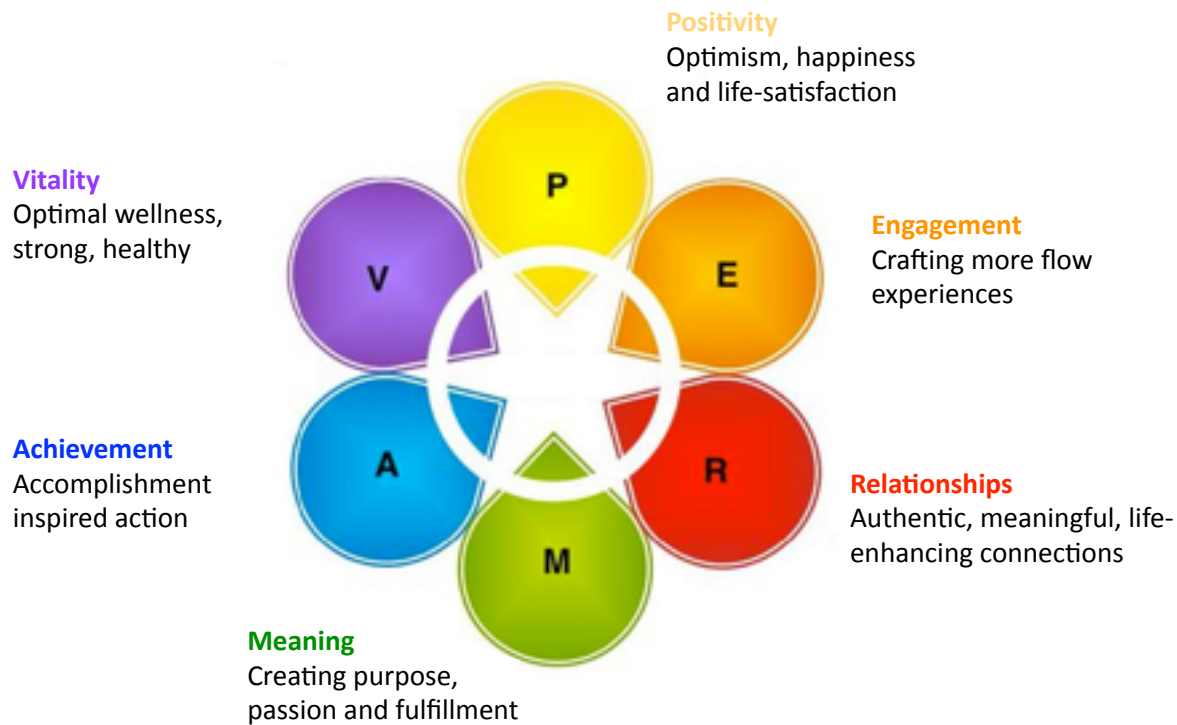
## The PERMA-V Model: Your Scientific Theory of Flourishing

Everyone seems to be in the pursuit of happiness nowadays.

There are many ways to reach happiness, though including training your mind for happiness, spending money on others to promote happiness, and following the code to well-being and happiness.

Most of us think we know what happiness is, but what are the actual elements that promote happiness within each of us?

The PERMA model was designed by Martin Seligman with five core elements of psychological well-being and happiness. Seligman believes that these five elements can help people reach a life of fulfillment, happiness, and meaning. The V for vitality was added by The Flourishing Center as an additional element for achieving happiness. This holistic model can be applied to institutions to develop programs to help people develop new cognitive and emotional tools.



## How to Begin Applying the PERMA-V Model in Your Life

Being aware of the PERMA-V model is the first step to applying this theory to your life. Keep referring back to the 6 elements of the model to help you apply it to each aspect of your life. Remember to think in a positive perspective at home and at work.

Find the things that make you happy and can make you fully engaged. You could even put goals to achieving more and challenging yourself in the activities you enjoy. Focus on your relationships with your family and friends by finding ways to connect and enjoy each others company. Find the meaning to your life and what gives you a sense of purpose, it's different for everyone.