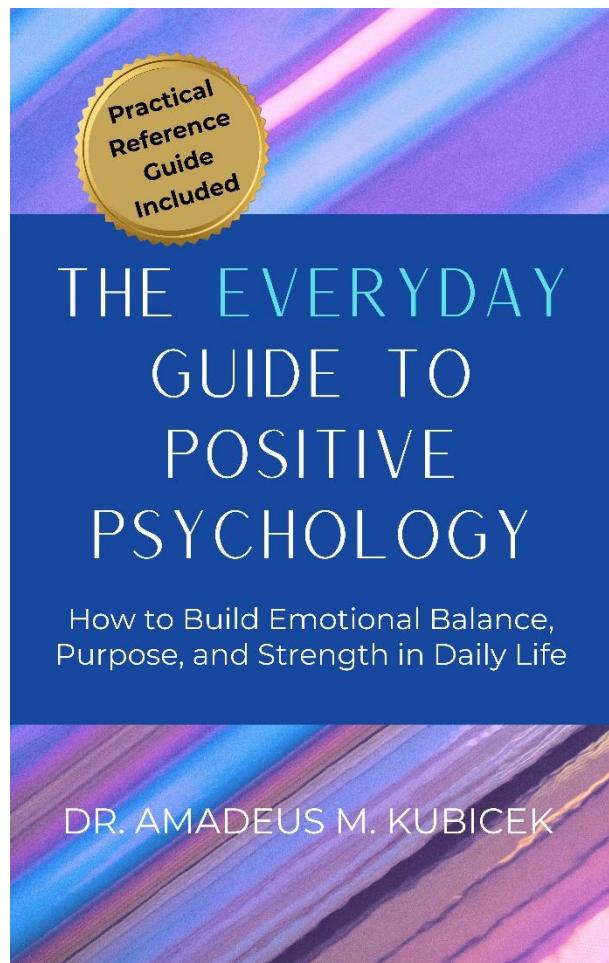


THE EVERYDAY GUIDE TO POSITIVE PSYCHOLOGY

Complete Companion Practical Reference Guide



Dr. Amadeus M. Kubicek © 2025

Disclaimer

The tools, assessments, exercises, and structured programs contained in this guide are intended for personal development and educational purposes only. They are not designed to diagnose, treat, cure, or prevent any mental or emotional health condition, and they do not constitute professional psychological, medical, or therapeutic advice.

While these instruments are grounded in established research within positive psychology, emotional intelligence, and flourishing science, they have not been formally validated through clinical psychometric testing. Scores and results should be understood as general self-reflection guides, not as clinical measurements or assessments of psychological wellbeing.

If you are currently experiencing significant distress, a mental health crisis, symptoms of a serious mental health condition, or if you have concerns about your emotional or psychological well-being, please seek support from a qualified mental health professional. The exercises and practices in this guide are designed to complement, not replace, professional care.

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How to Use This Guide

This is not a book you read and set aside. It is a working resource — a guide you will return to again and again, not just during difficult periods, but during the ordinary days when flourishing is quietly built.

The pages that follow contain every self-assessment, every training tool, every structured exercise, and every practical application from *The Everyday Guide to Positive Psychology*, gathered here in one place for easy reference.

Each section is designed to stand alone. You can work straight through from beginning to end, or you can jump to whichever area needs your attention right now. There is no single correct path.

The Rating Scale (for all assessments)

1 = Rarely or never true

2 = Occasionally true

3 = Sometimes true

4 = Often true

5 = Almost always true

A Note on Repetition

The assessments are designed to be repeated. Take them at the start of your practice, revisit them monthly, and watch the shifts over time. Most training tools take between two and five minutes. The longest ask for fifteen. They are built for the lives people actually live.

What This Guide Contains

Part I: Self-Assessments — Know your starting point across all PERMA elements

Part II: Training Tools — Step-by-step practices for building flourishing

Part III: Simple Exercises — Quick 2-5 minute activities for daily practice

Part IV: Tracking Logs — 7-day formats for monitoring your progress

Part V: Quick Reference Guide — Key concepts at a glance

Part VI: Action Templates — Ready-to-use planning frameworks

Part VII: Reflection Journal — Structured space for insights

Part VIII: 30-Day Flourishing Challenge — Comprehensive integration program

PART I

Self-Assessments

Know your starting point across all elements of flourishing

Assessment 1: Positive Emotions

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Emotion Frequency

1. I experience positive emotions like joy or contentment most days. _____
2. I notice and appreciate small pleasures in daily life. _____
3. I feel gratitude for what I have regularly. _____
4. I experience moments of genuine happiness without forcing them. _____
5. I can access positive emotions even during moderately stressful times. _____

Section A Total: _____

Section B: Attention & Savoring

6. I take time to savor positive experiences rather than rushing past them. _____
7. I notice beauty in my everyday environment. _____
8. I can shift my attention toward positive aspects when appropriate. _____
9. I deliberately create conditions for positive emotional experiences. _____
10. I share positive experiences with others. _____

Section B Total: _____

Section C: Emotional Range

11. I experience a variety of positive emotions, not just happiness. _____
12. I allow myself to feel joy without guilt or waiting for problems. _____
13. I can find moments of peace even during busy periods. _____
14. I experience curiosity and interest in new things. _____
15. I feel hopeful about the future more often than not. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong positive emotion foundation. Focus on deepening and sustaining.

45–59: Adequate positive emotions with room for growth. Regular practice will help.

30–44: Positive emotion gaps affecting wellbeing. Prioritize attention training.

15–29: Significant challenges with positive emotions. Start with basic noticing practices.

Your Development Focus

If Section A (Frequency) is lowest: Focus on the Three Good Things practice and Spark List.

If Section B (Attention) is lowest: Focus on Savoring practice and Micro-Joy awareness.

If Section C (Range) is lowest: Explore different positive emotions beyond happiness.

Assessment 2: Character Strengths

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Awareness

1. I have a clear sense of what my signature strengths are. _____
2. I can name at least five character strengths that feel authentically me. _____
3. I recognize when I am using my strengths versus working against them. _____
4. I understand the difference between talents, skills, and character strengths. _____
5. I notice which activities energize me versus deplete me. _____

Section A Total: _____

Section B: Application

6. I use my signature strengths regularly in my work. _____
7. I use my signature strengths in my personal relationships. _____
8. I look for new ways to apply my strengths in different situations. _____
9. I consciously choose activities that allow me to use my strengths. _____
10. Using my strengths feels natural and energizing rather than forced. _____

Section B Total: _____

Section C: Balance

11. I can tell when I am overusing a strength and adjust accordingly. _____
12. I am working to develop strengths that do not come as naturally. _____
13. I appreciate and value strengths in others that differ from my own. _____
14. I balance using signature strengths with developing lesser strengths. _____
15. I understand how my strengths interact with each other. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong strengths utilization. Focus on new applications and balance.

45–59: Solid strengths foundation with growth opportunities.

30–44: Strengths awareness developing. Prioritize identification and daily use.

15–29: Beginning strengths journey. Take the VIA Survey and focus on recognition.

Your Development Focus

If Section A (Awareness) is lowest: Complete the VIA Character Strengths Survey online.

If Section B (Application) is lowest: Use the Daily Strengths Lift practice.

If Section C (Balance) is lowest: Work on overuse/underuse awareness.

Assessment 3: Engagement & Flow

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Flow Experiences

1. I regularly experience being so absorbed in activities that time passes quickly. _____
2. I lose myself in activities that challenge my skills appropriately. _____
3. I can identify activities that consistently produce deep engagement. _____
4. I experience flow states at least weekly. _____
5. I know what conditions help me enter flow states. _____

Section A Total: _____

Section B: Focus & Attention

6. I can focus deeply without being distracted for extended periods. _____
7. I protect time for concentrated work without constant interruption. _____
8. I can shift into focused attention when tasks require it. _____
9. I manage digital distractions effectively during important work. _____
10. I notice when my attention is fragmenting and can refocus. _____

Section B Total: _____

Section C: Challenge-Skill Balance

11. My work includes tasks that challenge me at an appropriate level. _____
12. I seek out challenges that stretch my abilities without overwhelming me. _____
13. I adjust task difficulty when boredom or anxiety signals mismatch. _____
14. I understand how my activities connect to purposes I care about. _____
15. I balance periods of intense engagement with adequate recovery. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong engagement capacity. Focus on expanding flow domains.

45–59: Good engagement with room for deepening. Regular practice will help.

30–44: Engagement developing. Address distraction and challenge-skill balance.

15–29: Significant engagement challenges. Start with environment engineering.

Your Development Focus

If Section A (Flow) is lowest: Identify activities most likely to produce flow and schedule them.

If Section B (Focus) is lowest: Practice the Two-Minute Focus Reset and environment design.

If Section C (Balance) is lowest: Use Challenge Calibration techniques.

Assessment 4: Hope & Optimism

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Goal Clarity

1. I have a clear sense of what goals are most important to me. _____
2. I can clearly describe my goals to others. _____
3. My goals align with my values and what matters most. _____
4. I have goals that extend beyond immediate gratification. _____
5. I regularly review and refine my goals. _____

Section A Total: _____

Section B: Pathways Thinking

6. I can think of many ways to get out of difficult situations. _____
7. When one approach does not work, I try different routes. _____
8. I plan steps to reach my goals, including backup plans. _____
9. I expect obstacles and prepare alternative approaches. _____
10. I am creative in finding new pathways when blocked. _____

Section B Total: _____

Section C: Agency & Optimism

11. I believe my actions influence my outcomes. _____
12. I have successfully achieved important goals in the past. _____
13. I feel motivated to pursue my goals even when things are hard. _____
14. I generally expect things to work out, even when uncertain. _____
15. Difficulties are temporary setbacks, not permanent states. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong hope and optimism. Maintain and apply to larger goals.

45–59: Moderate hope. Strengthen pathway thinking or agency as needed.

30–44: Hope developing. Prioritize the 60-Second Hope Map practice.

15–29: Significant hope challenges. Start with small, achievable goals.

Your Development Focus

If Section A (Goals) is lowest: Clarify specific, meaningful goals using the Goal Clarity exercise.

If Section B (Pathways) is lowest: Practice generating multiple routes using Pathway Prompts.

If Section C (Agency) is lowest: Build evidence of past successes and small wins.

Assessment 5: Meaning & Purpose

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Sense of Purpose

1. I have a clear sense of what I am trying to do with my life. _____
2. My daily activities connect to something I consider worthwhile. _____
3. I have goals that extend beyond immediate self-interest. _____
4. I know what I value and try to live accordingly. _____
5. I can explain why my work or main activities matter. _____

Section A Total: _____

Section B: Experience of Meaning

6. My life feels meaningful more days than not. _____
7. I believe my actions make a difference, even if small. _____
8. I feel part of something larger than myself. _____
9. I find meaning even in ordinary or routine activities. _____
10. I can find significance even in difficult circumstances. _____

Section B Total: _____

Section C: Values Alignment

11. My life reflects what I actually value, not just what others value. _____
12. I make decisions based on what matters most to me. _____
13. I spend time on activities that align with my core values. _____
14. I notice when my actions are not aligned with my values. _____
15. I take action to correct misalignment when I notice it. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong meaning and purpose foundation. Focus on deepening.

45–59: Adequate sense of meaning with areas for development.

30–44: Meaning gaps affecting wellbeing. Prioritize values clarification.

15–29: Significant meaning challenges. Start with Values Map exercise.

Your Development Focus

If Section A (Purpose) is lowest: Complete the Purpose Statement Development tool.

If Section B (Meaning) is lowest: Practice the Daily Meaning Check-In.

If Section C (Values) is lowest: Complete the Values Clarification Exercise.

Assessment 6: Relationships & Connection

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Connection Quality

1. I have relationships where I feel truly seen and understood. _____
2. I feel accepted and valued by the people who matter to me. _____
3. I can rely on others when I need support. _____
4. I have at least two or three people with whom I share genuine intimacy. _____
5. My relationships provide both giving and receiving of support. _____

Section A Total: _____

Section B: Investment & Maintenance

6. I regularly invest time in my important relationships. _____
7. I reach out to people rather than waiting for them to contact me. _____
8. I show up for both celebrations and difficulties in others' lives. _____
9. I express appreciation to people who matter to me. _____
10. I maintain connections even during busy or stressful periods. _____

Section B Total: _____

Section C: Belonging & Community

11. I feel I belong to communities or groups that matter to me. _____
12. I feel connected to a broader community beyond my close relationships. _____
13. I contribute to the wellbeing of groups I belong to. _____
14. I have rituals or regular practices that maintain my connections. _____
15. I feel connected even when physically alone. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong relationship foundation. Focus on deepening and maintaining.

45–59: Adequate connection with room for development.

30–44: Connection gaps affecting wellbeing. Prioritize relationship investment.

15–29: Significant connection challenges. Start with one relationship focus.

Your Development Focus

If Section A (Quality) is lowest: Focus on deepening existing close relationships.

If Section B (Investment) is lowest: Create connection rituals and regular contact.

If Section C (Belonging) is lowest: Explore communities aligned with your interests.

Assessment 7: Accomplishment

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Goal Pursuit

1. I make progress toward goals that matter to me regularly. _____
2. I set clear, achievable goals for myself. _____
3. I persist toward goals even when progress is slow. _____
4. I celebrate milestones and achievements along the way. _____
5. I balance ambitious goals with realistic expectations. _____

Section A Total: _____

Section B: Growth & Mastery

6. I actively work to improve my skills and capabilities. _____
7. I seek out challenges that help me grow. _____
8. I learn from setbacks rather than being defeated by them. _____
9. I notice improvement in areas I have worked on. _____
10. I take satisfaction from effort and progress, not just outcomes. _____

Section B Total: _____

Section C: Achievement Satisfaction

11. I feel a sense of accomplishment from my efforts regularly. _____
12. I acknowledge my achievements rather than dismissing them. _____
13. My accomplishments reflect what I genuinely value. _____
14. I do not need external validation to feel satisfied with achievements. _____
15. I maintain motivation even after achieving significant goals. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong accomplishment foundation. Focus on meaningful goals.

45–59: Adequate achievement with room for growth.

30–44: Accomplishment gaps. Prioritize goal clarity and celebration.

15–29: Significant achievement challenges. Start with small, valued goals.

Your Development Focus

If Section A (Pursuit) is lowest: Use the Hope Map to clarify goals and pathways.

If Section B (Growth) is lowest: Adopt a growth mindset approach to challenges.

If Section C (Satisfaction) is lowest: Practice acknowledging achievements daily.

Assessment 8: Flourishing Integration

Rate each statement honestly based on your typical experience. Use the 1–5 scale shown at the start of this guide.

Section A: Practice Consistency

1. I have regular flourishing practices I maintain. _____
2. I practice even when I do not feel like it. _____
3. When practice lapses, I resume rather than abandon. _____
4. I have adapted practices to fit my actual life. _____
5. I notice the benefits of consistent practice. _____

Section A Total: _____

Section B: Element Integration

6. Multiple flourishing elements work together for me naturally. _____
7. My strengths support my relationships and meaning. _____
8. Positive emotions fuel my engagement and hope. _____
9. My sense of purpose guides how I invest in relationships. _____
10. I do not have to consciously balance all elements separately. _____

Section B Total: _____

Section C: Life Application

11. I apply flourishing practices across work, relationships, and personal life. _____
12. I can maintain perspective during difficult periods. _____
13. I sustain important relationships through challenges. _____
14. I live with reasonable alignment to my values. _____
15. My life feels meaningful most of the time. _____

Section C Total: _____

TOTAL SCORE: _____

Interpreting Section Scores (5–25 each)

20–25: Strong capability in this area. Focus on maintaining and refining.

15–19: Moderate capability. Targeted practice will yield noticeable improvement.

10–14: Developing capability. This area offers significant growth opportunity.

5–9: Beginning capability. Prioritize foundational practices in this area.

Interpreting Total Score (15–75)

60–75: Strong flourishing integration. Continue deepening practice.

45–59: Solid foundation with areas for continued development.

30–44: Building integration. Maintain practice and trust the process.

15–29: Early in the journey. Focus on minimum viable practice and consistency.

Your Development Focus

If Section A (Consistency) is lowest: Design a minimum viable daily practice.

If Section B (Integration) is lowest: Look for practices that strengthen multiple elements.

If Section C (Application) is lowest: Apply practices across different life domains.

PART II

Training Tools

Structured, repeatable practices for building flourishing

Tool 1: The Daily PERMA Check-In

Duration: 2–3 minutes

When to practice: Daily, preferably at the same time each day.

Take a moment to pause and reflect on your current state.

1. Positive Emotions: What positive emotions did I experience today? (joy, gratitude, interest, serenity, hope)
2. Engagement: What activities fully absorbed my attention today?
3. Relationships: How connected did I feel to others today?
4. Meaning: What gave my day a sense of meaning or purpose?
5. Accomplishment: What did I accomplish, however small?

Notice which elements feel strong and which might need attention. Set one small intention for tomorrow based on what you notice.

Tool 2: Three Good Things Practice

Duration: 3–5 minutes

When to practice: Daily, preferably in the evening before sleep.

Each evening, identify three good things that happened during the day. These need not be major events — small moments count equally. Research shows this simple exercise can increase wellbeing and reduce depressive symptoms for months afterward.

For each good thing, write or reflect on:

- What happened? (Specific description)
- Why did this good thing happen? (What contributed to it?)
- What does this mean to me? (Why do I value it?)

Key principles: Be specific rather than vague. Be genuine — forced gratitude does not work. Include the 'why' and 'what it means' for deeper impact. Practice consistently for at least two weeks to notice shifts.

Tool 3: The Spark List

Duration: 10 minutes to create; ongoing reference

When to use: Create once, then reference whenever mood dips.

A spark list is a personalized collection of small activities that reliably generate positive emotions for you. Unlike generic happiness recommendations, a spark list reflects your specific sources of joy, interest, and satisfaction.

Creating Your Spark List — Brainstorm at least 15 items across these categories:

Small Pleasures (sensory enjoyments, favorite foods, comfort items):

1. _____
2. _____
3. _____
4. _____
5. _____

Social Connections (people who energize you, types of interactions):

1. _____
2. _____
3. _____
4. _____
5. _____

Activities (hobbies, movements, creative outlets):

1. _____
2. _____
3. _____
4. _____
5. _____

Using Your Spark List: Keep it accessible. Engage with at least one item daily. Use it proactively rather than waiting until you feel depleted.

Tool 4: The 60-Second Hope Map

Duration: 1 minute

When to use: When facing any challenge or feeling stuck.

This quick exercise activates all three components of hope — goals, pathways, and agency — for any challenge you are facing.

First 20 seconds — Goal:

Identify a specific goal related to your current challenge. Make it concrete rather than vague.

My specific goal:

Next 20 seconds — Pathways:

Generate at least two pathways to reach that goal. Push past the first obvious route.

Pathway 1: _____

Pathway 2: _____

Backup pathway: _____

Final 20 seconds — Agency:

Identify one reason to believe you can make progress.

Why I can succeed:

Tool 5: Values Clarification Exercise

Duration: 10–15 minutes

When to use: When feeling directionless, when making significant decisions.

Step 1: Review the Values List — Read through slowly, noting which values resonate with you:

Achievement • Adventure • Authenticity • Balance • Beauty • Challenge • Community • Compassion • Competence • Connection • Contribution • Courage • Creativity • Curiosity • Dignity • Excellence • Fairness • Faith • Family • Freedom • Friendship • Generosity • Growth • Health • Helping Others • Honesty • Honour • Humor • Independence • Influence • Integrity • Justice • Kindness • Knowledge • Leadership • Learning • Love • Loyalty • Making a Difference • Mastery • Mindfulness • Nature • Openness • Order • Patience • Peace • Perseverance • Personal Development • Play • Pleasure • Power • Recognition • Reliability • Respect • Responsibility • Security • Self-Expression • Service • Simplicity • Spirituality • Stability • Success • Teaching • Tradition • Trust • Truth • Wealth • Wisdom

Step 2: Identify Your Top Ten — Select the ten values that feel most important:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 3: Narrow to Your Core Five — The values you would keep if forced to choose:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 4: Assess Alignment — For each core value, rate how well your current life reflects it (1-10):

Core Value 1:

Current alignment (1-10):

One action toward better alignment:

Core Value 2:

Current alignment (1-10):

One action toward better alignment:

Core Value 3:

Current alignment (1-10):

One action toward better alignment:

Core Value 4:

Current alignment (1-10):

One action toward better alignment:

Core Value 5:

Current alignment (1-10):

One action toward better alignment:

Tool 6: The Connection Scan

Duration: 10 minutes

When to use: Monthly or quarterly to assess relationship health.

Inner Circle (deep, intimate connections):

1. Name: _____ Connection Strength (1-5):

2. Name: _____ Connection Strength (1-5):

3. Name: _____ Connection Strength (1-5):

4. Name: _____ Connection Strength (1-5):

Middle Circle (meaningful but less intimate):

1. Name: _____ Connection Strength (1-5):

2. Name: _____ Connection Strength (1-5):

3. Name: _____ Connection Strength (1-5):

4. Name: _____ Connection Strength (1-5):

Outer Circle (pleasant but limited):

1. Name: _____ Connection Strength (1-5):

2. Name: _____ Connection Strength (1-5):

3. Name: _____ Connection Strength (1-5):

4. Name: _____ Connection Strength (1-5):

Reflection Questions:

Is your inner circle adequate for your needs?

Which relationship most needs your attention?

One action you could take this week:

Tool 7: Purpose Statement Development

Duration: 15–20 minutes for initial draft; ongoing refinement

Step 1: Gather Raw Material — Answer these questions briefly:

What activities make me lose track of time?

What problems do I care about addressing?

What do people often thank me for?

When have I felt most alive and engaged?

What would I regret not having done?

Step 2: Draft a Purpose Statement beginning with 'My purpose is to...'

My Purpose Statement (Draft 1):

Step 3: Test and Refine — Does it feel true? Does it provide direction?

My Purpose Statement (Refined):

PART III

Simple Exercises

Quick 2–5 minute activities for daily practice

Positive Emotions Exercises

Exercise 1: Micro-Joy Noticing

Set an intention to notice three micro-joys today — brief moments of positive feeling that might otherwise pass unnoticed. When you notice one, pause for five seconds to name it and feel it fully.

Exercise 2: Gratitude Snapshot

Take a mental snapshot of something you appreciate right now. Spend two minutes elaborating on why you appreciate it. What specifically makes it valuable?

Exercise 3: Three-Breath Reset

Breath 1: Notice your current state and name it silently. Breath 2: Release tension — drop shoulders, unclench jaw. Breath 3: Direct attention to something positive in your environment.

Exercise 4: Appreciation Message

Send a brief message to someone expressing specific appreciation — not generic thanks, but something specific you value about them.

Character Strengths Exercises

Exercise 1: Strengths Recognition

Right now, identify one strength you used today — even in a small way. Name it specifically. Notice how it felt to use it.

Exercise 2: New Application

Choose one signature strength. Identify one new way you could apply it this week — somewhere you have not used it before.

Exercise 3: Strength Spotting in Others

Notice one character strength in someone you interact with today. Consider mentioning it to them.

Exercise 4: Overuse Check

Think about your top strength. Is there any situation where you might be overusing it? What would balanced use look like?

Hope & Optimism Exercises

Exercise 1: Pathway Brainstorm

Think of a current goal. Generate three different pathways to reach it — not just your first instinct, but genuinely different approaches.

Exercise 2: Best Possible Self

Spend three minutes imagining your life one year from now, assuming everything has gone as well as it reasonably could. Be specific.

Exercise 3: Explanatory Style Check

Think of something that went wrong recently. Notice how you explain it. Is it permanent, pervasive, and personal? Practice a more balanced interpretation.

Exercise 4: Agency Evidence

List three times you successfully influenced an outcome through your own effort. This evidence counters the belief that your actions do not matter.

Meaning & Purpose Exercises

Exercise 1: Meaning Moment

Identify one moment from today that felt meaningful — an activity that mattered, a connection that felt significant. What made it meaningful?

Exercise 2: Micro-Purpose

Before starting your next routine task, take 10 seconds to connect it to something you value. How does completing this task serve something beyond mere completion?

Exercise 3: Values Quick Sort

Without overthinking, name your top five values immediately. Notice which ones you gravitate toward.

Exercise 4: Contribution Inventory

List three ways, large or small, that you contributed to others' wellbeing today. Include small kindnesses and invisible help.

Connection & Relationship Exercises

Exercise 1: Micro-Connection

Create one genuine micro-connection today — genuine eye contact, using someone's name, asking a real question.

Exercise 2: Reach Out

Send a brief message to someone you have not contacted recently. Not because you need something, just to connect.

Exercise 3: Active Listening

In your next conversation, practice giving full attention. Put away devices. Listen for feelings beneath words.

Exercise 4: Gratitude Expression

Tell someone specifically what you appreciate about them. Be concrete rather than generic.

PART IV

Tracking Logs

7-day formats for monitoring your flourishing practice

PERMA Daily Check-In Log — 7 Days

Track your daily flourishing across all five elements. Rate each from 1 (low) to 5 (high).

Day 1 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Day 2 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Day 3 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Day 4 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Day 5 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Day 6 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Day 7 Date: _____

Positive Emotions (1-5): _____ Notes: _____

Engagement (1-5): _____ Notes: _____

Relationships (1-5): _____ Notes: _____

Meaning (1-5): _____ Notes: _____

Accomplishment (1-5): _____ Notes: _____

Weekly Review:

Which element was strongest this week?

Which element needs most attention?

What patterns do you notice?

Three Good Things Log — 7 Days

Each evening, record three good things and what made them meaningful.

Day 1

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Day 2

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Day 3

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Day 4

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Day 5

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Day 6

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Day 7

Good Thing 1:

Good Thing 2:

Good Thing 3:

What I savored today:

Week-End Reflection:

What patterns do I notice in what I appreciated?

How has this practice affected my daily experience?

Daily Strengths Practice Log — 7 Days

Track your daily use of signature strengths in new ways.

Day 1

Strength I focused on:

How I used it:

What I noticed:

Day 2

Strength I focused on:

How I used it:

What I noticed:

Day 3

Strength I focused on:

How I used it:

What I noticed:

Day 4

Strength I focused on:

How I used it:

What I noticed:

Day 5

Strength I focused on:

How I used it:

What I noticed:

Day 6

Strength I focused on:

How I used it:

What I noticed:

Day 7

Strength I focused on:

How I used it:

What I noticed:

Weekly Review:

Which strengths felt most natural?

Which new applications surprised you?

PART V

Quick Reference Guide

Key concepts at a glance

The PERMA Model of Flourishing

P — Positive Emotions: Joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, love. These broaden thinking and build lasting resources.

E — Engagement: Deep involvement in activities that absorb you completely. Flow states where challenge matches skill and time disappears.

R — Relationships: Meaningful connections with others. Quality matters more than quantity. Both giving and receiving support.

M — Meaning: Belonging to and serving something larger than yourself. Coherence, significance, and purpose in life.

A — Accomplishment: Pursuing and achieving goals for their own sake. Mastery, progress, and competence development.

The 24 VIA Character Strengths

Wisdom: Creativity, Curiosity, Judgement, Love of Learning, Perspective

Courage: Bravery, Perseverance, Honesty, Zest

Humanity: Love, Kindness, Social Intelligence

Justice: Teamwork, Fairness, Leadership

Temperance: Forgiveness, Humility, Prudence, Self-Regulation

Transcendence: Appreciation of Beauty, Gratitude, Hope, Humor, Spirituality

Hope Theory — Three Components

Goals: Clear objectives you care about — specific rather than vague.

Pathways: Multiple routes to reach those goals — flexibility when blocked.

Agency: Belief in your ability to initiate and sustain movement toward goals.

Conditions for Flow

- Challenge matches skill level (not too easy, not too hard)
- Clear goals (you know what you are trying to accomplish)
- Immediate feedback (you can tell if you are succeeding)
- Minimized distractions (attention can focus fully)

Essential Daily Practices

Three Good Things (3 min, evening) — Record three good things and why they happened.

PERMA Check-In (2 min, daily) — Brief assessment of all five flourishing elements.

Daily Strengths Lift (2 min, morning) — Use one strength in a new way today.

Micro-Joy Noticing (ongoing) — Notice three brief positive moments throughout the day.

Gratitude Expression (2 min) — Express specific appreciation to one person.

60-Second Hope Map (1 min, when stuck) — Goal + two pathways + one reason for agency.

Savoring Practice (2 min) — Fully experience positive moments rather than rushing past.

Micro-Connection (ongoing) — Create genuine brief connections throughout the day.

Broaden-and-Build Theory

Broaden: Positive emotions expand awareness — more creative, more open to information, better at seeing connections.

Build: Over time, this broadened state builds lasting resources — skills, relationships, knowledge, resilience — that remain after the emotion fades.

PART VI

Action Templates

Ready-to-use planning frameworks

My Personal Flourishing Plan

Complete this template to create your integrated approach to flourishing.

My Signature Strengths (Top 5):

1. _____
2. _____
3. _____
4. _____
5. _____

My Core Values (Top 5):

1. _____
2. _____
3. _____
4. _____
5. _____

My Purpose Statement:

My Flourishing Practices:

Positive Emotion Practice:

Engagement Practice:

Relationship Practice:

Meaning Practice:

Accomplishment Practice:

My Minimum Viable Practice:

If I can only do one thing daily, it will be:

My Accountability:

Who will support my practice:

How I will track progress:

Weekly Flourishing Planner

Use this template at the start of each week.

Week of: _____

Intention for This Week:

Strength I Will Focus On:

Relationship I Will Nurture:

Meaningful Goal for the Week:

Activities That Bring Flow:

Potential Challenge:

How I Will Handle It:

End-of-Week Reflection:

What worked well:

What I will adjust:

What I am grateful for:

Hope-Based Goal Achievement Template

Use this template for any meaningful goal, applying hope theory principles.

The Goal:

What I want to achieve (specific, meaningful):

Why this matters to me:

Target date:

The Pathways (at least three routes):

Primary pathway:

Alternative pathway 1:

Alternative pathway 2:

Backup plan if obstacles arise:

The Agency (evidence I can succeed):

Past successes that show I can do hard things:

Strengths I will use:

Resources and support available:

First Step:

The smallest action I will take this week:

PART VII

Reflection Journal

Structured space for insights and growth

Flourishing Reflection — Entry 1

Date: _____

What went well today/this week?

What strengths did I use?

What moments felt meaningful?

How did I connect with others?

What am I learning about flourishing?

What will I focus on next?

Flourishing Reflection — Entry 2

Date: _____

What went well today/this week?

What strengths did I use?

What moments felt meaningful?

How did I connect with others?

What am I learning about flourishing?

What will I focus on next?

Flourishing Reflection — Entry 3

Date: _____

What went well today/this week?

What strengths did I use?

What moments felt meaningful?

How did I connect with others?

What am I learning about flourishing?

What will I focus on next?

Flourishing Reflection — Entry 4

Date: _____

What went well today/this week?

What strengths did I use?

What moments felt meaningful?

How did I connect with others?

What am I learning about flourishing?

What will I focus on next?

Monthly Flourishing Review

Month: _____

PERMA Assessment This Month (rate each 1-10):

Positive Emotions: _____ Engagement: _____ Relationships: _____ Meaning: _____
Accomplishment: _____

Biggest Win This Month:

Greatest Challenge:

What I Learned:

Goals for Next Month:

1. _____
2. _____
3. _____

PART VIII

The 30-Day Flourishing Challenge

A comprehensive integration program

This structured practice builds flourishing systematically over one month. Each week focuses on specific elements while maintaining holistic practice.

Week 1: Positive Emotions & Awareness

Daily Practice (10 minutes):

- Morning: 3-minute PERMA check-in. Notice your state, name emotions, identify what you need.
- During day: Notice three micro-joys. Pause briefly to savor each one.
- Evening: Three Good Things practice with full reflection on each.

Focus: Building the habit of noticing positive experiences and cultivating attention to what is working.

Week 2: Strengths & Engagement

Daily Practice (12 minutes):

- Morning: Set intention to use one signature strength in a new way today.
- During day: Use the Two-Minute Focus Reset before concentrated work. Seek one flow experience.
- Evening: Reflect on strengths use and engagement. What enabled flow today?

Focus: Applying your natural strengths deliberately and creating conditions for deep engagement.

Week 3: Hope, Meaning & Purpose

Daily Practice (12 minutes):

- Morning: Daily meaning practice — connect today's activities to purpose and values.
- During day: Use the 60-Second Hope Map when facing any challenge.
- Evening: Notice one meaning moment and record what made it significant.

Focus: Connecting daily actions to larger purpose and building hopeful thinking habits.

Week 4: Relationships & Integration

Daily Practice (12 minutes):

- Morning: Set intention for empathic engagement. Who will you connect with today?
- During day: Create at least three micro-connections. Express appreciation to one person.
- Evening: Full PERMA reflection. Complete Three Good Things. Plan one connection-strengthening action.

Focus: Deepening relationships and integrating all flourishing elements into daily life.

30-Day Challenge Tracking

Mark each day you complete your practice. Aim for consistency, not perfection.

Week 1: Positive Emotions

Day 1: [] Day 2: [] Day 3: [] Day 4: [] Day 5: [] Day 6: [] Day 7: []

Week 1 Reflection:

Week 2: Strengths & Engagement

Day 8: [] Day 9: [] Day 10: [] Day 11: [] Day 12: [] Day 13: [] Day 14: []

Week 2 Reflection:

Week 3: Hope & Meaning

Day 15: [] Day 16: [] Day 17: [] Day 18: [] Day 19: [] Day 20: [] Day 21: []

Week 3 Reflection:

Week 4: Relationships & Integration

Day 22: [] Day 23: [] Day 24: [] Day 25: [] Day 26: [] Day 27: [] Day 28: []

Days 29-30: [] []

Week 4 Reflection:

End of Challenge Assessment:

What has shifted over these 30 days?

Which practices will I continue?

What still needs work?

My minimum viable practice going forward:

Conclusion: The Practice Ahead

You bought the book. You downloaded this guide. Now comes the part that matters most: what you do with it.

Flourishing is not something you achieve and then possess forever. It is a set of capacities that strengthen with practice and weaken with neglect. The assessments in this guide are not tests to pass. They are mirrors that show you where you stand right now, and checkpoints to return to as you develop.

The five elements of PERMA — positive emotions, engagement, relationships, meaning, and accomplishment — are not separate competences. They are interconnected capacities that reinforce each other. When you strengthen one, you often benefit others.

Most people who use this guide will not master all elements simultaneously, and that is not the goal. The goal is progress, not perfection. Some practices will come naturally to you. Others will require deliberate, repeated effort over months. That is normal. That is how capability develops.

Choose one or two practices from this guide that you will maintain regardless of how busy life becomes. Not ten practices. Not a perfect routine. One or two practices that matter enough to protect.

The work ahead is not dramatic. It is quiet, incremental, and mostly invisible to others. But it is the work that determines whether you navigate the coming years with increasing flourishing or increasing struggle.

You already have what you need to flourish. Your character strengths are already present. Positive emotions are already available. Meaning is already woven through your life. The work is not to acquire something missing but to cultivate what is already there.

Remember, if you are currently experiencing significant distress, a mental health crisis, symptoms of a serious mental health condition, or if you have concerns about your emotional or psychological well-being, please seek support from a qualified mental health professional. The exercises and practices in this guide are designed to complement, not replace, professional care.

Dr. Amadeus M. Kubicek

For additional resources and related books on positive psychology, resilience, and emotional intelligence, visit Dr. Kubicek's Author Page on Amazon.

