

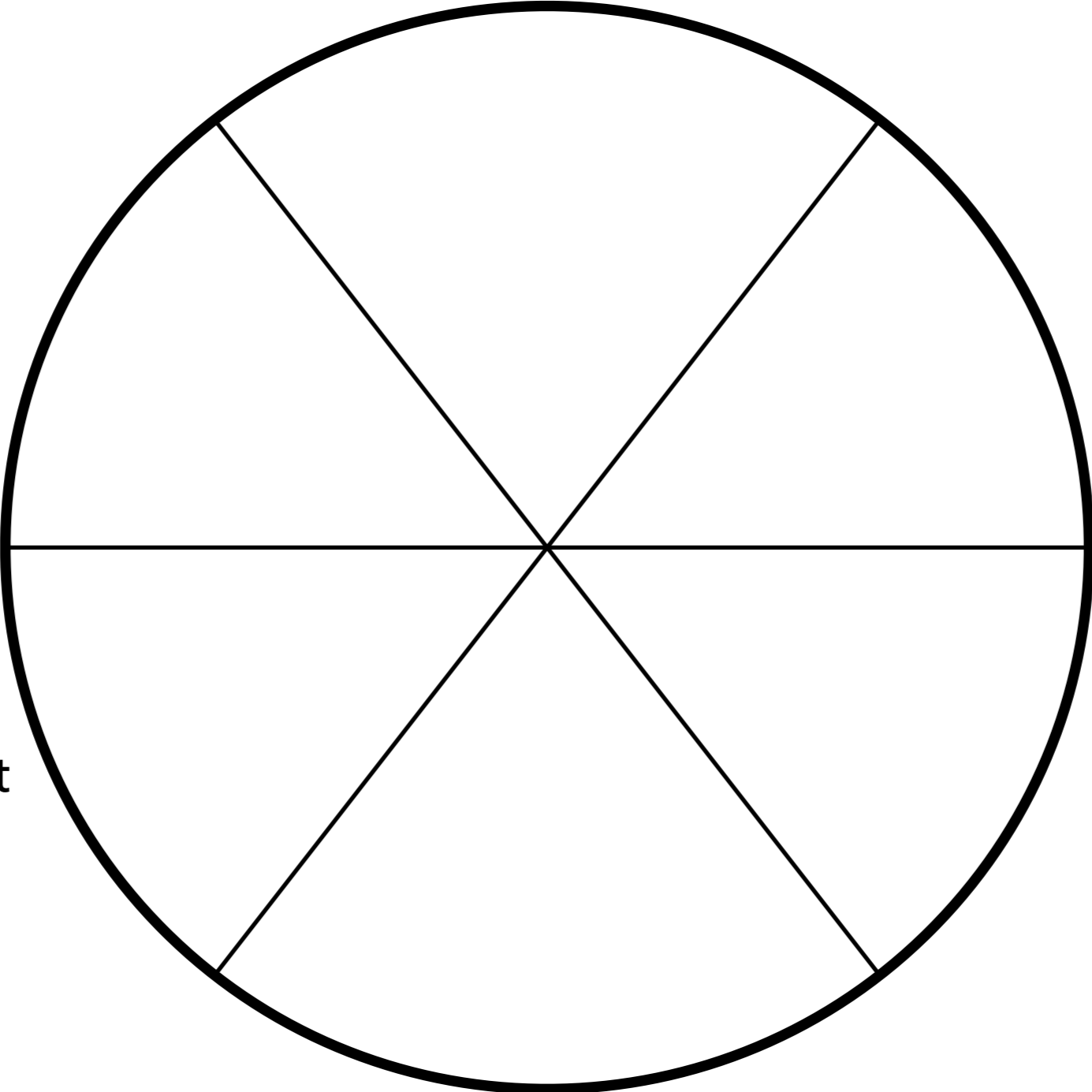
PERMA-H Wheel



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PERMA WHEEL

Positive Emotion



Health

Engagement

Accomplishment

Relationships

Meaning and Purpose