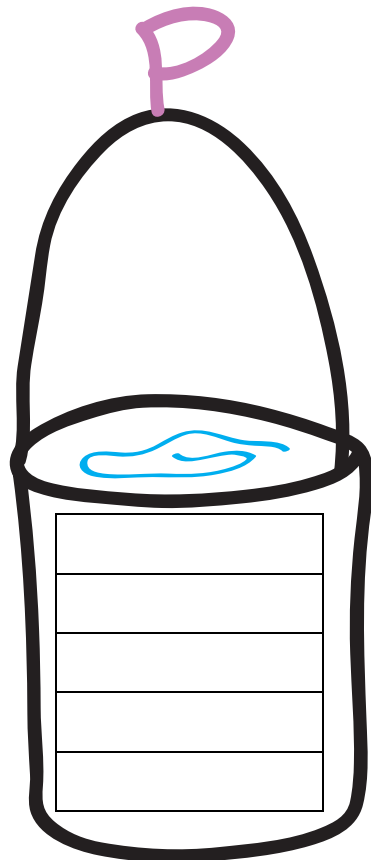




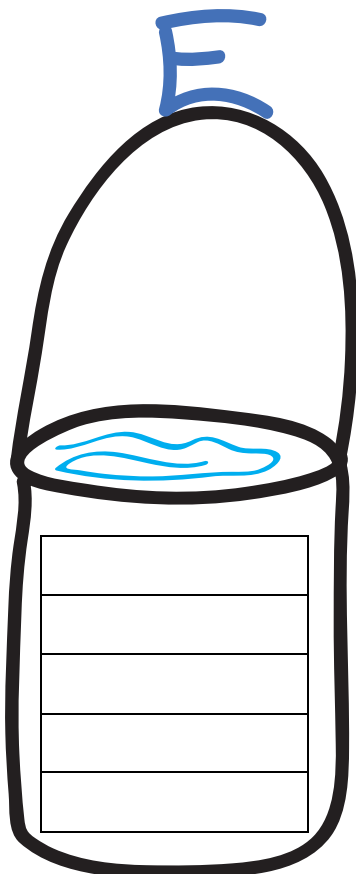
THE P.E.R.M.A. BUCKET CHALLENGE:

Identify which things you did last week* that fill each bucket of P.E.R.M.A.

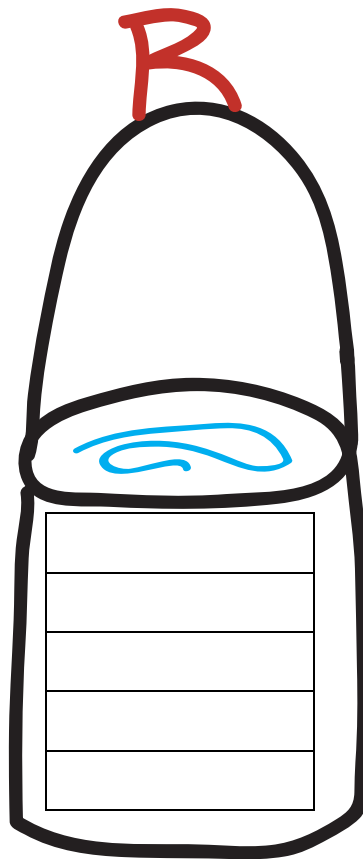
*See "The Good Day Experiment" from Episode 1!



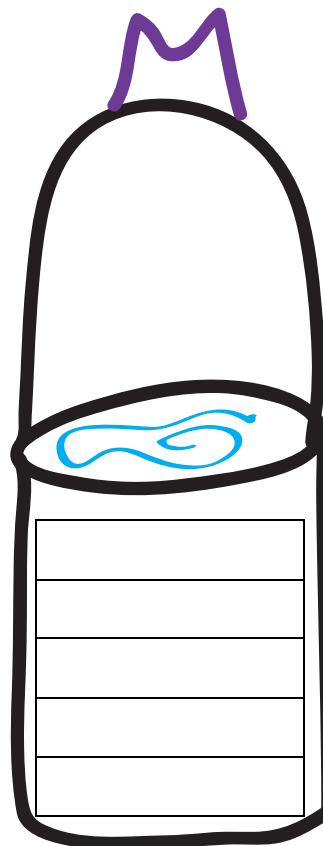
Positive Emotions



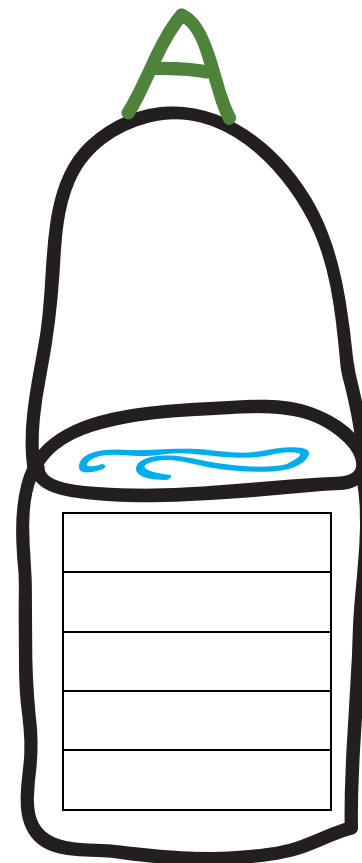
Engagement



Relationships



Meaning



Accomplishments