

PERMA rules and know-how to have a full life

Positive emotions, cohesion, good relationships, meaning and achievement are the 5 elements of the PERMA rule that will help you create the life you want.

We all want happiness. When we're happy, we work more productive, have better relationships with people around us and everyone feels great.

However, happiness is not something you want to have, you need to appear and it can be easily retrieved even if you lose it. If you are too focused on happiness, you will find it extremely difficult to achieve it and even have to live your whole life in an unsatisfied feeling.

Martin Seligman - one of the most famous authors of modern psychology and the founder of positive psychology developed a rule called **PERMA** and this rule was published in the book *Flourish* published in 2011. Accordingly, PERMA mentioned 5 essential elements to have a happy and fulfilling life as desired.

1. Positive Emotion (P)

In order to have a happy life, we need to nurture positive emotions every day.



Any good feeling, such as peace, gratitude, satisfaction, satisfaction, inspiration, hope, curiosity or love are all placed in this positive "directory" and the message That is: *"Enjoy yourself"*.

Under conditions, the elements "E", "R", "M" and "A" of PERMA rules are ideal, "enjoy yourself" is about appreciating and enjoying the present life. Live your life, love yourself, be happy, laugh if you like, cry if you feel sad and do anything as long as they help you to have the brightest smile.

2. Engagement (Engagement - E)

When we really engage with any job, project, activity, event or situation, we can really "live" in that moment: time seems to stop, no longer feels. be your physical person and concentrate highly on the present.

This is really an amazing thing! Because the closer you are to what you are doing or what makes you happy, the more you feel affectionate, want to contribute and make more effort. Obviously, negative thoughts like stress, anxiety, afflictions . there is no room to interrupt your positive thoughts anymore.

So, from now on, every time you go out with your friends to drink coffee, walk around, read a book, watch a movie or when you have to complete a certain project, focus entirely on what you are doing. Don't let anything interrupt and you'll see the power of cohesion will be immense.

3. Positive relationships (Positive Relationships - P)

As a human being, we all enjoy being in communities, communicating, making friends with other people and it is no surprise that good relationships are the core of a fulfilling life. .



Again, we find that people with positive, meaningful relationships with others live happier than those who do not.

4. Meaning (Meaning - M)

The meaning of life will come from serving greater purposes than yourself. Whether it's small things or organized actions, as long as they bring you good feelings about life, everything makes sense.

From today, seek the purpose of living for yourself by being willing to help others, giving away more with a sincere, sure heart, your life will have many meanings.

5. Achievement (Accomplishment / Achievement - A)

Mostly, everyone wants to be better in many ways, whether it's learning a new skill, achieving a valuable goal or winning a competition. Because of this, achievement is also considered an important factor that constitutes a fulfilling life.

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