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02/27/2023

**2-1: Personal Capabilities Paper**

The Workplace PERMA Profiler

Dr. Martin Seligman, a Distinguished Professor of Psychology, described five pillars of well-being PERMA (positive emotion, engagement, relationships, meaning, and accomplishments). He developed a PERMA questionnaire to determine your score in these five areas, negative emotion, and health. Upon completing the questionnaire, I agree and disagree with the results of the instrument. My positive emotions scored a 7, my engagement scored a 7.67, my relationships scored a 5.33, my meaning scored a 9, and my accomplishment scored a 6.33.

I scored a 4 in negative emotions and a 5,33 in health. My overall workplace well-being scored an 8. In the coming paragraphs, I will rationalize.

Positive Emotions are psychological events that are both robust and pleasant (Ackerman, 2018). I agree with the PERMA results for my positive emotions scoring a 7. I enjoy feeling happy, excited, hopeful, and joyous. Positive Emotions open up our thoughts, expand and develop our understanding, and enable the structure and improvement of sources, including learning, abilities, talents, and interactions.

Engagement is being involved with a task (Reach Out, 2023). I agree with the PERMA results for my engagement scoring being 7.67. Focusing on my work is important. I learn from hands-on experience and visuals. Engaging allows me to be responsible for tasks delegated to me within a team.

Relationships are connections between two or more people (Cherry, 2022). I disagree with the PERMA results for my relationships, scoring 5.33. I would score higher, being that I value relationships. There are different forms of relationships; there is family, there is work, and there are romantic relationships. I feel support from my family and friends when our relationships are positive and healthy.

Meaning is the logical connotation of a word, phrase, or action (Websters, 2023). I agree with the PERMA results for my meaning, scoring 9. If my work did not have meaning, then there would not be a purpose for me to work. The quality of my work shows how passionate I am about being competent. My work is easier when I know the meaning behind it.

Accomplishment is the feeling you receive, the reward you receive, or the goal you reach after completing tasks. I disagree with the PERMA results for my accomplishment, scoring 6.33. My score should be higher because I love accomplishing things. When I accomplish something, it means I learn a new skill. Some things are harder than others to accomplish. However, I can accomplish anything if I put my mind to it.

Negative Emotions are the opposite of Positive Emotions. These emotions are very unpleasant and tricky. I agree with the PERMA results for my negative emotions, scoring.4. I try not to have negative emotions bottled inside. Negative emotions can cause bad health and illnesses. Negative emotions can also cause worry and stress. If not detected and resolved early, these emotions can lead to disease and possible death.

Health is described as the biological and functional factors that make up the human being (University of Pennsylvania, 2023). I disagree with the PERMA results for my health scoring 5.33. I should have scored higher because my health is important. Well-being is practiced in my home and at work. I like to eat healthy, exercise, drink plenty of water, and read.

In conclusion, my overall well-being includes the manifestation of positive emotions and tempers (e.g., gratification, joy), the lack of negative emotions (e.g., despair, fear), fulfillment with life, accomplishment, and positive performance. In plain terms, well-being can be described as judging life clearly and feeling good.Physical well-being (e.g., feeling healthy and full of energy) is also considered essential to overall well-being for public health reasons.

Works Cited

C. Ackerman, (12 March 2018). *What are positive emotions in Psychology?* Positive Psychology. Retrieved on 02/27/2023. From <https://positivepsychology.com/positive-emotions-list-examples-definition-psychology/>.

Reach Out. (2023). *Engagement and Positive Psychology.* Retrieved on 02/27/2023. From <https://schools.au.reachout.com/articles/engagement-and-positive-psychology>.