

Positive Psychology - Progress Checklist

Use this checklist to track your progress. Check off each activity as you complete it.

21 activities across 7 steps

The Foundation

Days 1-5

- ☐ What Is Positive Psychology (Video)
- ☐ The PERMA Model (Video)

Positive Emotions

Days 5-10

- ☐ Negativity Bias (Video)
- ☐ Savoring (Video)
- ☐ Practicing Gratitude (Video)
- ☐ Gratitude Practice (Reflection Journal)

Engagement and Flow

Days 10-15

- ☐ Meaning and Purpose (Video)
- ☐ Flow (Video)
- ☐ Finding Your Flow (Reflection Journal)

Relationships

Days 15-20

- ☐ What Is Mindfulness (Video)
- ☐ Acts of Kindness (Reading)
- ☐ Gratitude Letter (Reflection Journal)

Meaning and Self-Compassion

Days 20-25

- ☐ Your Key Relationships (Reflection Journal)
- ☐ Self-Compassion (Video)
- ☐ Self-Compassion Practice (Reflection Journal)

Your Strengths

Days 25-30

- ☐ Signature Strengths (Video)
- ☐ Strengths in Action (Reflection Journal)
- ☐ Mental Subtraction (Reading)

Positive Psychology - Progress Checklist (continued)

Putting It Into Practice

Day 30

- ☐ **Looking Back** ([Reflection Journal](#))
- ☐ **PERMA Wrap-Up** ([Video](#))
- ☐ **Your Commitment** ([Reading](#))