



**Perky's
HELP**

Examples

Pillar	How (Capacities)	Result (Integrated)
Body	Good sleep, nutrition, and regular movement	Energy, vitality, and ease in your body
Mind	Focus, meditation, and learning	Clear thinking and calm problem-solving
Emotion	Resilience and naming feelings	Emotional balance and stress recovery
Connection	Listening, boundaries, and openness	Strong, supportive relationships
Meaning	Know your values and purpose	A purposeful life aligned with your 'Why'



Body



Mind



Emotion



Connection



Meaning

