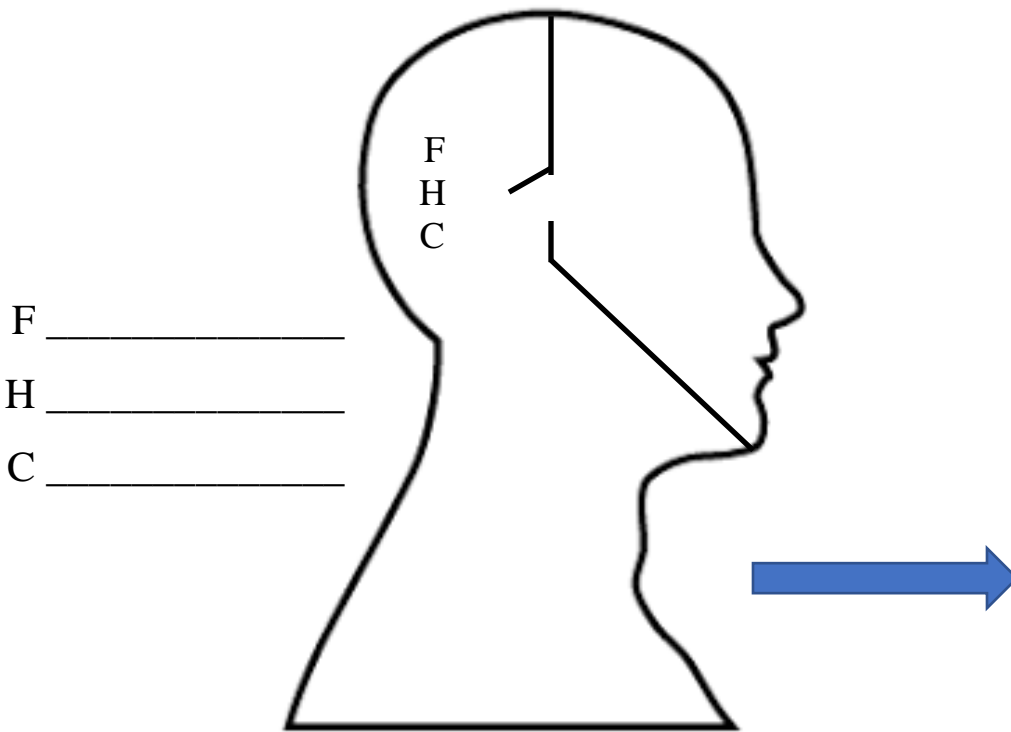


Mental Health



M _____

W _____

I _____

R _____

I _____

I _____

R _____

C _____

C _____

E _____

Demartini – Value Determination

1. How do you fill your space? _____
2. What do you fill your time with? _____
3. What energizes you? _____
4. How do you spend your money? _____
5. What do think about most? _____
6. What do you internally dialogue about? _____
7. What do you talk about socially? _____
8. Where are you organized, ordered? _____
9. Where are reliable, disciplined, focused? _____
10. What do you imagine about? _____
11. What inspires you the most? _____
12. Where do set consistent long term goals? _____
13. What do you Love to learn about? _____

How would improving your overall health, allow you to better fulfill your values?

How does you fulfilling your job duties help you better fulfill your values?

How does your spouse / employer / partner, fulfilling their values help you fulfill your values?