

# Good Mental Health

Mark "Y" for "yes" next to statements that describe you and your mental health. Mark "N" for "no" next to statements that are areas for growth. Review the "yes" answers and circle the one that is the best description of your mental health. Choose one goal to work on from the "no" statements.

## People who are mentally healthy:

- \_\_\_ 1. Deal with their problems by finding a solution.
- \_\_\_ 2. Learn from their mistakes instead of making excuses.
- \_\_\_ 3. Know how and when to work and play.
- \_\_\_ 4. Can say "no" to situations that might be fun, but would hurt them in the long run.
- \_\_\_ 5. Will do work that may not be fun now, but will pay off later.
- \_\_\_ 6. Can handle frustration and pain when they cannot change the situation.
- \_\_\_ 7. Stick with a goal until it is achieved.
- \_\_\_ 8. Would rather accomplish things than wish for things.
- \_\_\_ 9. Assume responsibilities that are appropriate for their age.
- \_\_\_ 10. Go around obstacles that stand in the way of personal happiness.
- \_\_\_ 11. Are happy with themselves and who they are.
- \_\_\_ 12. Take the time to look at themselves honestly.

