



MOVING AHEAD: The Challenge

Mental Health Worksheet

When you think about being more “sound in body, mind, and spirit,” you can increase this both immediately (in the short-term), and over the long-term. Identify specific ways in which you can do each of these below:

Ways in enhance soundness in body

....in the short-term in the long-term

- | | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Ways in enhance soundness in mind

....in the short-term in the long-term

- | | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Ways in enhance soundness in spirit

....in the short-term in the long-term

- | | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

For each of the items above, where can you seek assistance? In what ways can you take advantage of courses, workshops, discussions, or individual interaction to enhance these?

When you think about areas where your life is “out of balance,” what action steps can you take to increase your level of balance?

1. _____
2. _____
3. _____

