

## Mental

4	3	2	1	0	
					I believe how I live my life is an important factor in determining my state of health, and I live it in a manner consistent with that belief.
					I feel as though I am in charge of my life.
					I understand the difference between blaming myself for a problem and simply taking responsibility for that problem.
					I believe I am responsible for every aspect of my life, even if I am not aware of how I may have created a problem.
					I am aware of any changes, which occur in my physical or emotional state and would seek professional advice about any problems.
					I experience love for many people and aspects of my life.
					I exercise passion towards myself when I fall short of my own expectations.
					My personal relationships are satisfying.
					I enjoy getting, and can acknowledge compliments and recognition from others.
					I am aware that I make judgments wherein I think I am "right" and others are "wrong."
					I am aware that my thoughts are influenced by my environment.
					I approach life with the attitude that no problem is too big to confront, and some mysteries aren't meant to be solved.
					I perceive problems as opportunities for growth.
					I am aware of experiencing "miracles" in my daily life.

Scoring:

\_\_\_ + \_\_\_ + \_\_\_ = \_\_\_ = Total points for this section

Divided by \_\_\_ (number of statements answered) =

____ . ____
-------------

Average score for this section

- 4 = Yes, always or usually
- 3 = Often
- 2 = Sometimes, maybe
- 1 = Occasionally, rarely
- 0 = No, never or hardly ever