

MENTAL HEALTHINESS

growth, wellbeing, relatedness & authenticity

My Mental Healthiness Pledge:

I _____, make it my intention to develop and maintain a growth mindset, to be conscientious and open, and to be grounded in what is truthful and real, to pursue the following worthwhile goals:

To master my emotions, utilizing them to better understand and express my needs, and to provide the direction and motivation to stay on the path of health and wellbeing

To aim for a life of meaning, engagement, and enjoyment, not for the sake of happiness but for the higher goals of healthiness, fulfillment, and life satisfaction

To develop my sense of “me” - through mindfulness, personal growth, competency, and self-compassion, as well as my sense of “we” - who I am relative to others

To develop my relationships through presence, time, a mutual responsiveness, vulnerability, kindness, empathy, and a willingness to repair

To live not just effectively, but authentically - in ways that make sense, feel right, and are based in truth - aligning the beliefs in my mind with the realities of the Universe

And to pursue these goals not as a checklist of accomplishments or as a destination - but instead with persistence and determination, as an imperfect lifelong journey of growth, wellbeing, relatedness, and authenticity

Signature

Date

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My Annotated Mental Healthiness¹ Pledge:

I _____, make it my intention² to develop and maintain a growth mindset³, to be conscientious and open⁴, and to be grounded in what is truthful and real⁵, to pursue the following worthwhile goals⁶:

To master my emotions^{7 8}, utilizing them to better understand and express my needs, and to provide the direction and motivation to stay on the path of health and wellbeing^{9 10}

To aim for a life of meaning, engagement, and enjoyment, not for the sake of happiness but for the higher goals of healthiness, fulfillment, and life satisfaction^{11 12}

¹ <http://mentalhealthinessblog.com/2014/11/10/whats-the-difference-between-mental-health-and-mental-healthiness/>

² <http://mentalhealthinessblog.com/2014/12/16/how-do-we-grow-part-3-best-intentions/>

³ <http://mentalhealthinessblog.com/2015/01/30/changing-your-mind-part-3-why-neuroplasticity-matters/>

⁴ <http://mentalhealthinessblog.com/2014/12/31/how-do-we-grow-part-4-finishing-what-we-started/>

⁵ <http://mentalhealthinessblog.com/2014/10/22/the-value-of-truth-part-1/>

⁶ <http://mentalhealthinessblog.com/2015/03/10/how-to-be-permanent-ly-healthy/>

⁷ <http://mentalhealthinessblog.com/2014/10/27/the-value-of-positive-emotion/>

⁸ <http://mentalhealthinessblog.com/2014/11/06/the-value-of-unpleasant-emotion/>

⁹ <http://mentalhealthinessblog.com/2015/06/23/more-motivation-now-why-did-i-do-that/>

¹⁰ <http://mentalhealthinessblog.com/2015/04/23/a-whole-brain-theory-of-human-motivation-part-5-through-the-lens-of-mental-healthiness/>

¹¹ <http://mentalhealthinessblog.com/2014/10/30/some-happineses-are-better-than-others-part-1/>

¹² <http://mentalhealthinessblog.com/2014/11/03/some-happineses-are-better-than-others-part-2/>

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To develop my sense of “me” - through mindfulness¹³, personal growth¹⁴, competency^{15 16}, and self-compassion^{17 18}, as well as my sense of “we” - who I am relative to others¹⁹

To develop my relationships through presence, time, a mutual responsiveness, vulnerability, kindness, empathy, and a willingness to repair²⁰

To live not just effectively, but authentically - in ways that make sense, feel right, and are based in truth - aligning the beliefs in my mind with the realities of the Universe^{21 22}

And to pursue these goals not as a checklist of accomplishments or as a destination - but instead with persistence and determination, as an imperfect lifelong journey²³ of growth, wellbeing, relatedness, and authenticity

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¹³ <http://mentalhealthinessblog.com/2015/01/20/changing-your-mind-part-1-what-is-mindfulness/>

¹⁴ <http://mentalhealthinessblog.com/2014/12/01/how-do-we-grow-part-1/>

¹⁵ <http://mentalhealthinessblog.com/2014/11/14/mental-healthiness-how-to/>

¹⁶ <http://mentalhealthinessblog.com/2015/03/10/how-to-be-permanent-ly-healthy/>

¹⁷ <http://mentalhealthinessblog.com/2014/11/19/healthcare-and-the-human-experience/>

¹⁸ <http://mentalhealthinessblog.com/2015/01/27/changing-your-mind-part-2-nature-and-nurture-its-not-a-competition/>

¹⁹ <http://mentalhealthinessblog.com/2015/02/17/changing-your-mind-part-4-practice-gratitude-practice-mindfulness-practice-kindness/>

²⁰ <http://mentalhealthinessblog.com/2015/03/29/relationships-how-to-empathy-communication-connection/>

²¹ <http://mentalhealthinessblog.com/2014/10/23/the-value-of-truth-part-2/>

²² <http://mentalhealthinessblog.com/2014/12/05/how-do-we-grow-part-2/>

²³ <http://mentalhealthinessblog.com/2014/12/31/how-do-we-grow-part-4-finishing-what-we-started/>