

Chart Your Course

Appendix A

Adapted from *Change your brain, change your life*, by Daniel Amen, MD MD and *The Nature of Human Values* by Milton Rokeach, PhD.

It is important to have goals and a direction in life. Oftentimes goals become obscured, ambitions dimmed, enthusiasm fades and the direction of one's life is then directed by forces outside of oneself and in a direction not in one's best interest.

Please take a moment to list and rank order your values. Also, make specific goals in each of the following areas of your life in order to help realize your dreams and potential. By doing so and then persisting, re-valuating your values and direction in life will help you to chart your own course to mental wellness.

Values: Milton Rokeach defined personal values as "an enduring belief that is either a personally or socially acceptable mode of conduct." Below is a list of some values that you can choose from in identifying what you think your values are.

Honesty	Pleasure	Salvation	Wisdom
Ambitious	Capable	Logical	Loving
Independent	Helpful	Clean	Responsible
Loyalty	Forgiving	Cheerful	Self-controlled
Imaginative	Giving	Polite	Obedient
Others:			

1. 2. 3. 4. 5.

Please list the goals which you seek to realize in the following areas.

I. **Relationships:**

a. Spouse/partner:

b. Family (children, siblings, parents, etc):

c. Friends/co-workers:

II. Work/Education goals:

- a. Short-term (1 to 4 months)
- b. Mid range (4 to 12 months)
- c. Long-term (1 year, 5 year and 20 year goals)

III. Money: Is for needs, wants and security...

- a. Short-term
- b. Long-term

IV. Self Care:

- a. Physical
- b. Emotional/psychological
- c. Spiritual