

## HEALTHY PERSONALITY

The study of healthy personality suggests the following characteristics are associated with mental health and a positive outlook on life.

1. Mental function is on a conscious, intentional, and rational level
2. Reasonable desire for mastery and competence
3. Capable of intimacy and compassion
4. Self-acceptance
5. Self-awareness/evaluation
6. Self-actualization – becoming the unique “you” often thru challenges
7. Openness – to self, to others, to experience
8. Awareness of choices
9. Self-directed life choices based on internal vs. external criteria
10. Productiveness
11. Autonomous function/decisions
12. Acceptance of others as they are
13. Acknowledgement of connectedness to creation
14. Balance oriented – developing our weaknesses and maintaining our strengths
15. Search for and belief in a meaning to life – purpose
16. Moral self-judgment/evaluation

NOTE: Many other characteristics may be considered as contributing to the unique/individual healthy personality.

References available