TheMentalHealthGym
PROMOTING ACHIEVEMENT & HAPPINESS THROUGH MENTAL FITNESS

TYPE P PERSONALITY DEVELOPMENT FORM

Name_____ Week of_____

Over the next week, record activities that fall into the 5 P's. The more activities the better, and the sooner you will confirm your status as a Type P Personality. Expand your repertoire of Type P Behaviors each week.

PERSONAL GOAL-DIRECTED ACTIVITIES

PROACTIVE BEHAVIORS

POSITIVE APPROACHES TO CHALLENGES

PERSISTENT BEHAVIORS

PLAYFUL ACTIVITIES