



We prepared these resources for the folks at Boulder Startup Week to start taking personal, practical, and impactful steps in how to better take care of their mental health.

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Team DNA Assessment

This is 7 personality assessments in one tool and interactive, AI-enhanced dashboard that will give you micro-coaching tidbits on a daily basis.

\$1000/mo value we are giving 8 BSW Attendees **2 free month free**

Email us if you want in:

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Personal Core Values Exercise

Core values are the inner compass that guide your decisions, relationships, and sense of purpose. When you're disconnected from them — not living in alignment with what truly matters to you — it often leads to anxiety, burnout, or depression, because you lose touch with what gives your life meaning and direction.

Step 1:

Skim through the list below and highlight any value that resonates with you at a core, gut level – not what you *think* you should value, but what you actually do value.

Step 2:

Narrow the list down to 15 of the values that feel most important to you. Circle these ones.

Step 3:

Put these 15 values into categories... not categories that make “sense” from a logical perspective, but groups that make sense to you. Think about why these words go together. Try to make no more than 3-5 groups of words.

Step 4:

Now take these groups of words and come up with one word that **best represents** this group of words. This word is one of your values.

Accountability

Agility

Appreciation

Adaptability

Altruism

Assertiveness

Adventure

Ambition

Authenticity

Autonomy

Balance

Belonging

Boldness

Bravery

Calm

Care

Change

Clarity

Collaboration

Commitment

Compassion

Competence

Confidence

Connection

Consistency

Contribution

Conviction

Courage

Creativity

Curiosity

Daring

Decisiveness

Dedication

Delight

Depth

Dignity

Discipline

Drive

Empathy

Empowerment

Encouragement

Engagement

Equality

Excellence

Exploration

Fairness

Faith

Flexibility

Flourishing

Focus

Forgiveness

Freedom

Friendship

Generosity

Giving

Grace

Gratitude

Growth

Guidance

Harmony

Healing

Honesty

Honor

Hope

Humility

Imagination

Inclusivity

Inclusion

Independence

Influence

Initiative

Innovation

Inspiration

Integrity

Intimacy

Intuition

Joy

Justice

Kindness

Learning

Listening

Love

Loyalty

Meaning

Mindfulness

Nurturing

Openness

Optimism

Ownership

Patience

Peace

Perseverance

Playfulness

Poise

Presence

Progress

Purpose

Reflection

Reliability

Resilience

Resourcefulness

Respect

Responsibility

Risk-taking

Sacrifice

Safety

Self-awareness

Self-care

Self-compassion

Self-discipline

Service

Simplicity

Spaciousness

Spirituality

Stability

Strength

Support

Sustainability

Teamwork

Tenderness

Tenacity

Trust

Truth

Understanding

Unity

Vision

Vulnerability

Wisdom

Wonder

3



Exercise: How to Know Yourself – Deeply

Understanding your Enneagram type offers a direct window into the core fears, unconscious defenses, and inner narratives that drive your stress and anxiety. Unlike other assessments, it reveals *why* you suffer—not just how you behave—making it one of the most powerful tools for sustaining mental and emotional well-being.

1. Take your Enneagram test at [iEQ9 website](#)
2. Read your report
3. Ask yourself questions
 - a. What are my strengths and how can I keep amplifying these in my life?
 - b. What am I most afraid of in life and in work?
 - c. What do I need from others to feel supported?
 - d. What unhealthy patterns of mine create more stress and chaos in my life? What can I do to re-work those patterns?

Enneagram Type	Core Fear	Common Mental Health Issues	Supportive Practices
1 Reformer	Being wrong, bad, or corrupt	Anxiety, rigidity, perfectionism	Practice self-compassion; engage in playful, unstructured activities
2: Helper	Being unloved or unwanted	Codependency, burnout, resentment	Set boundaries; receive care without earning it

3: Achiever	Being worthless or failing	Workaholism, identity confusion, depression	Detach self-worth from achievement; slow down and check in emotionally
4: Individualist	Being insignificant or without identity	Mood swings, envy, depression	Create structure; focus on what's working instead of what's missing
5: Investigator	Being depleted, invaded, or incapable	Isolation, emotional detachment, anxiety	Reconnect with the body; risk emotional sharing in safe relationships
6: Loyalist	Being without support or guidance	Chronic anxiety, worst-case thinking, distrust	Build inner trust; practice grounding and discernment exercises
7: Enthusiast	Being trapped in pain or limited	Restlessness, FOMO, avoidance, ADHD-like symptoms	Embrace stillness; gently process uncomfortable emotions
8: Challenger	Being weak, controlled, or vulnerable	Anger, hyper-vigilance, emotional suppression	Practice softness; build trust through safe vulnerability
9: Peacemaker	Conflict, disconnection, or loss of harmony	Numbness, dissociation, depression	Prioritize personal desires; take small, consistent action steps