



Build a Strong Foundation

The following list defines some of the building blocks of a strong foundation. Circle those you would like to strengthen.

1. Make a decision to strengthen your foundation.
2. Understand that the strength of your foundation is a choice.
3. Erase the need to tolerate.
4. Thank those individuals who make your life worth living.
5. Invest in yourself each and every day.
6. Know your attitudes and work to improve them.
7. Live in a way where you minimize problems.
8. Define your values and live by them.
9. Choose work that allows you to be yourself.
10. Protect yourself and be protected.
11. Select your preferences and live for them.
12. Rather than merely striving, start to attract what you desire.
13. Evaluate your community and then expand it to fit your needs.
14. Heal any painful issues to strengthen your relationships.
15. Make your present as ideal as possible.
16. Create reserves within the many facets of your life.
17. Raise your personal standards until you feel your personal best.
18. Do not put up with things that weaken your foundation.
19. Erase unnecessary drama and reduce necessary drama.
20. Resolve all incomplete tasks—personal or otherwise.
21. Find the weak links in your integrity and repair them.
22. Understand your needs and make sure they are met.
23. Identify and redefine daily habits to fit your needs.

How many of these building blocks do you currently have in place? Congratulate yourself for that!

Let's talk about those you want to strengthen and develop a plan of action to work toward those goals.