

25 Steps to a Strong Personal Foundation

These steps are based on the Personal Foundation program.

- Decide that you want a strong personal foundation.
- A strong foundation is a choice. Want it.
- Zap the tolerations.
- Whatever you are putting up with eats away at your personal foundation.
- Simplify your life dramatically.
- Resolve unfinished business.
- Identify and focus on your 10 daily habits.
- Restore your integrity wherever it's broken.
- Get your needs met. You can.
- Handle the money. Period.
- Treat your body like the temple it is.
- Extend your boundaries until you are fully respected.
- Raise your standards until you feel terrific.
- Create reserves in all areas of your life.
- Perfect the present, especially if it's not.
- Strengthen your family. Heal if necessary.
- Extend your community.
- Start attracting instead of striving.
- Select and reach your preferred living states.
- Be well protected.
- Choose your work so that you can be all of yourself.
- Reorient your life around your values.
- Become a problem-free zone.
- Improve your attitude.
- Invest in your life.
- Thank the people who've made your life as rich as it is.
- Choose your postfoundation steps.