

# 20 Steps to a Strong Personal Foundation

- ✚ A strong foundation is a choice. Want it.
- ✚ 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.
    - ✚ 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.
    - ✚ 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.
  - ✚ Choose your work so that you can be all of yourself.
    - ✚ Reorient your life around your values.
      - ✚ Improve your attitude.
      - ✚ Invest in your life.
- ✚ Thank the people who've made your life as rich as it is.