

PERSONAL FOUNDATION PROGRAM

There are four steps to completing this program. Step 1: Answer each question. If the statement is true, check the circle. If not, leave it blank until you've done what it takes. Be rigorous; be a hard grader. Step 2: Color in one of the associated blocks in the graph on the right. Step 3: Print out to track progress. Step 4: Repeat quarterly and measure growth.

1. Inner Peace

- Have nothing unresolved as opposed to just having everything finished.
- Surrender and accept what is so versus resisting, fighting.
- Take full responsibility for how you react to others.
- Become aware of and sensitive to feelings versus being blind or ignorant.
- Tell the entire truth versus editing, censoring, lying or translating.
- Distinguish between self and mind, ego, needs, or past experiences.
- Immediately catch yourself when triggered by adrenaline.
- Recognize and inquire into why your cage gets rattled.
- Step over nothing, even the small stuff, yet don't fix others.
- Re-prioritize peace to be ahead of performance.

2. Personal Power

- Raise personal standards to reflect higher self-worth.
- Empower others directly, re-channeling their power by listening.
- Start being for others or results versus being about them.
- Go for the quality, not quantity, of what you produce.
- Master the phrasing you need to express yourself fully.
- Have things be acceptable or unacceptable, not forever gray.
- Initiate everything; wait for and follow no one.
- Take many, many risks and experiment as much as possible.
- Get to work, maintain momentum, be dedicated.
- Read books that inform and educate you well.

3. Happiness And Joy

- Figure out what does make you consistently happy.
- Get your needs met so you can afford your wants.
- Stop doing what you should do; do what you need or want to.
- Restore your integrity to be at 100 percent.
- Eliminate every single toleration and source of suffering.
- Experience the difference between thoughts and feelings.
- Become truly selfish, not egotistical.
- Take what you need to be your best.
- Become internally generative versus externally motivated.
- Start creating a project that makes you feel very, very good.

4. Spiritual Bliss

- Identify the distinction between self and ego.
- Take the path of least resistance versus forcing or fighting.
- Develop a relationship with yourself.
- Respond to as opposed to reacting to circumstances and others.
- Keep yourself toxin free (chemical, adrenaline, stress).
- Intuitively choose versus logically or linearly deciding.
- Honor your inklings versus explaining, rationalizing, proving.
- Clean out your CRM.
- Dance with, versus controlling others.
- Take extreme self-care of every part of yourself.

4. Grace and Love

- Get more than you need, a reserve of everything.
- Live very, very well, as opposed to just managing.
- Start acknowledging others rather than complimenting them.
- Get the who versus the what about other people.
- Become charge neutral versus charged up or down.
- Fully communicate, but get permission first.
- Come from acceptance and compassion.
- Condition change rather than forcing it.
- Put relationships ahead of mere results.
- Forgive and have compassion as opposed to merely understanding.

6. Full Satisfaction

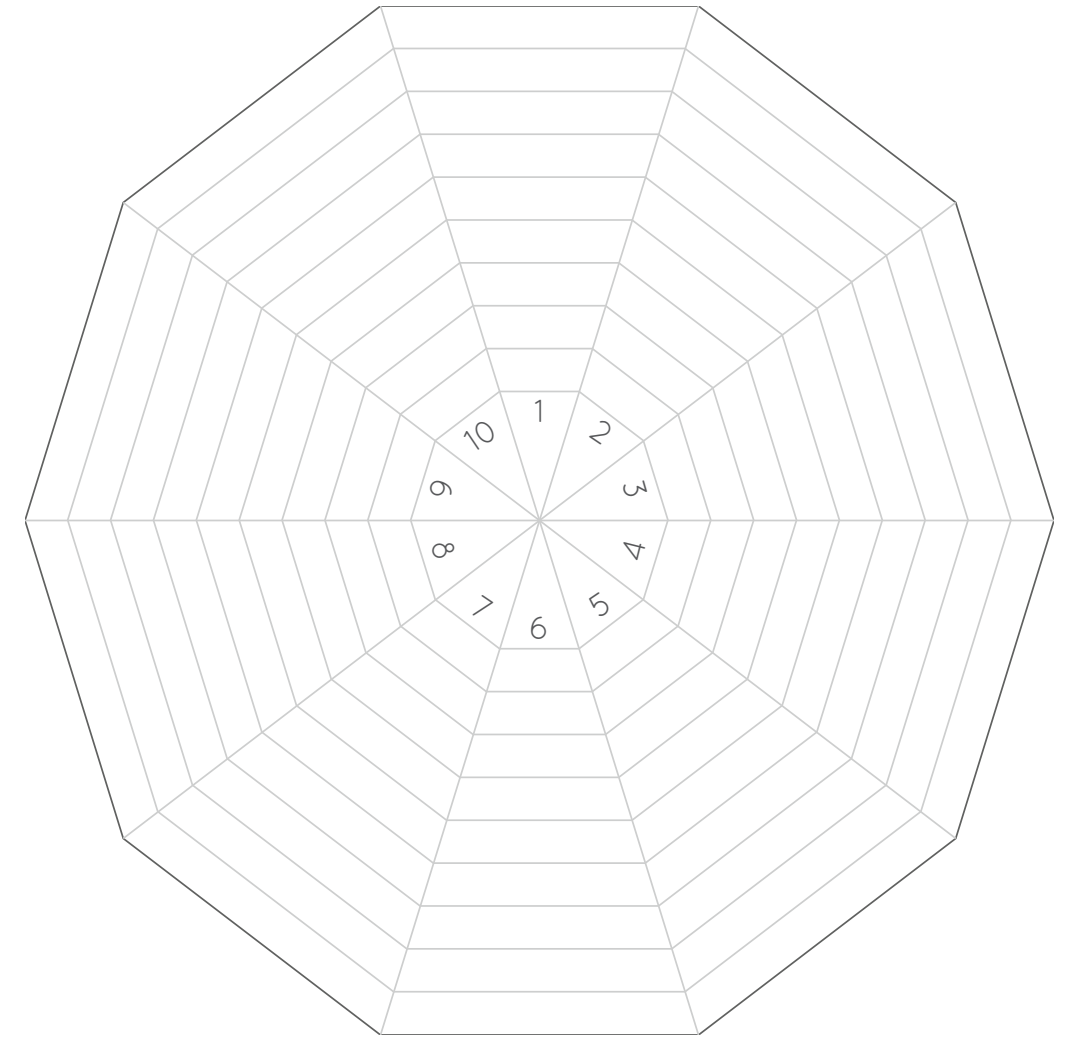
- Accept that what you have, don't have, are, and are not.
- Understand and take care of core needs versus medicating or denying them.
- Establish strong boundaries to protect the soul.
- Respond to the current situation versus what was or will be.
- Get on a path to be fully healed.
- Do whatever it takes to get totally free; don't settle for temporary relief.
- Understand the difference between adult, parent, and child.
- Stop blaming yourself for what you didn't do.
- Do only what you enjoy or must do for your integrity.
- Fix or eliminate every source of dissatisfaction.

7. Natural Balance

- Start creating choices and solutions, not compromising.
- Integrate all parts of your life rather than compartmentalizing activities.
- Find out and fix what is causing the imbalance or problems.
- Be very selective about who and what comes into your space—and how.
- Under promise, don't over promise; don't stress yourself.
- Identify your values and reorient goals around them.
- Understand balance versus juggling, managing, or controlling.
- Give yourself permission to eliminate all that causes unbalance.
- Have no hidden costs that drag you down at work.
- Recognize and eliminate adrenaline triggers before they run you.

8. Personal Passion

- Find out what most turns you on, then just do that.
- Set huge goals that bring out your best.
- Develop a compelling vision as opposed to having lots of ideas.
- Start caring for others in a profound way.
- Distinguish between passion and adrenaline.
- Identify a theme to your life for the year that's ideal.
- Start stating what you want rather than hoping for it.
- Go for the excitement, not drama, in life.
- Design a contribution project that shares your gifts.
- Hang out with passionate people and learn from them.



9. Vitality and Wellness

- Develop a healthy morning routine instead of rushing.
- Shift your day to be like you're on vacation.
- Start using food for sustenance, not pleasure or reward.
- Move your body aerobically several times per week.
- Identify and stop all behaviors that cost you wellness.
- Develop a reserve of energy.
- Get all parts of your body fixed that are broken or blocked.
- Communicate until you feel clear.
- Discover and saturate yourself with what nurtures you.
- Clean up every closet, room, and physical space so it's empty of clutter.

10. Fulfillment

- Start coming from "is" versus shoulds, coulds, oughtas, wants.
- Do the maximum.
- Have a vision or project that leaves the legacy you want.
- Do what comes naturally to you.
- Master something, anything, but experience being the best at it.
- Learn the difference between accomplishments and results.
- Honor your inner feelings, desires, and inklings completely.
- Build something rather than randomly creating.
- Hang out with people who are fulfilled.
- Give a part of yourself to those you come in contact with.