

STRENGTHEN YOUR OWN PERSONAL FOUNDATION UNTIL IT IS ROCK SOLID

(Special thanks to the late Thomas J. Leonard for this – considered the Father of Life Coaching)

IS YOUR Personal Foundation as strong as the building foundation of your home is? Probably not. **The term Personal Foundation is used to describe the underpinnings of a person's life and is comprised of the following:**

- 1. Extensive Boundaries**
- 2. High Standards**
- 3. Healthy Relationships**
- 4. Resolution of any past-oriented Issues**
- 5. Having one's Personal Needs entirely satisfied**
- 6. Taking full responsibility for what happens to you**
- 7. Orienting around your principles and values.**

Most of us have a degree of the above life components, but a rock-solid Personal Foundation ups the ante. You'll likely double or triple the quantity and quality of the above items. To do this, you'll need to take better care of yourself, so you have more resources from which to give...It's a bit like going to the gym to build strength and tone your body. There is some sweat, but when done properly, one feels better when leaving the gym than when they entered it, so there is a net gain. And, the nice thing about developing a strong Personal Foundation is that what you're left with is sustainable and requires only periodical checks.

Why is a strong Personal Foundation worthwhile to develop? Several reasons.

1. You need a strong foundation if you wish to accomplish a lot in life, just as a skyscraper needs a deeper foundation than a home. The higher one goes, the more they need the stability that a foundation affords. If you are building a great life, you want it to be strong enough to handle the surprises and problems that you encounter. With a strong Personal Foundation, you can weather almost any personal or business storm.
2. In the process of developing your Foundation, you'll begin to attract others who have done the same thing. It's like a club, which welcomes anyone who's willing to earn the membership. Once your Foundation is strong, you can tell instantly when someone else's is also. Those with strong Foundations find that synergy and synchronicity are the norm, not the exception.
3. One's quality of life is noticeably higher with a strong Personal Foundation. You'll find that you'll be more in tune with yourself, your environment and your gifts. You really will be able to be yourself and create a lifestyle that is rewarding, fulfilling and inspiring. Without a strong Personal Foundation, you'll have to strive and seek to acquire success. With a strong Personal Foundation, you'll redefine what success is for you, and be able to attract it, not chase it.

How does one strengthen their Personal Foundation? By working on the components listed earlier. For many, beginning the Personal Foundation process is the turning point in their lives, or the springboard to the next level. (again, special thanks to the late Thomas J. Leonard for this)