



Foundation Checkpoint

Worksheet

Build a Strong Foundation

Crafting Your Mind

Assessment (Circle rating, no "7")

Goal: _____

Current State: 1 2 3 4 5 6 ~~7~~ 8 9 10

Target State: 1 2 3 4 5 6 ~~7~~ 8 9 10

What should I focus on now? _____

Crafting Your Body

Assessment (Circle rating, no "7")

Goal: _____

Current State: 1 2 3 4 5 6 ~~7~~ 8 9 10

Target State: 1 2 3 4 5 6 ~~7~~ 8 9 10

What should I focus on now? _____

Crafting Your Environment

Assessment (Circle rating, no "7")

Goal: _____

Current State: 1 2 3 4 5 6 ~~7~~ 8 9 10

Target State: 1 2 3 4 5 6 ~~7~~ 8 9 10

What should I focus on now? _____

...And Your Money

Assessment (Circle rating, no "7")

Goal: _____

Current State: 1 2 3 4 5 6 ~~7~~ 8 9 10

Target State: 1 2 3 4 5 6 ~~7~~ 8 9 10

What should I focus on now? _____

