



Foundation Checkpoint Worksheet

Build a Strong Foundation

Crafting Your Mind

Goal: "I want to have a vibrant mind with enough gratitude, mental energy, focus, discipline, and joy to do any activity I want at any time."

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

Crafting Your Body

Goal: "I want to be pain and disease free with enough physical energy, strength, and mobility to do any activity I want at any time."

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

Crafting Your Environment

Goal: "I want to have a healthy, safe, secure, and enjoyable environment that gives me freedom from worry and supports me in living the life I want."

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

...And Your Money

Goal: "I want the ability to do anything I want, anytime I want, without having to worry about the money to finance it."

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

