



## The 10 Steps to a Strong Personal Foundation

### **1. Honor your boundaries.**

*Boundaries protect you from people that your spirit cannot easily afford.*

### **2. Raise your standards.**

*The higher your standards, the fewer problems you will experience in life.*

### **3. Clarify your requirements.**

*Everyone in your life deserves to know what you expect/require of him or her.*

### **4. Finish your unfinished business.**

*The fewer unresolved items in your life, the more confident you will feel.*

### **5. Get your personal needs met.**

*Until your personal needs are met, it's difficult to live powerfully and sustainably.*

### **6. Orient around your values.**

*When you orient your life and your goals around your values, fulfillment naturally occurs.*

### **7. Build reserves in all areas.**

*Having more than enough calms the mind and affords more experimentation in life.*

### **8. Identify and reduce tolerations.**

*What you put up with drains your energy and slows your development.*

### **9. Handle the money, completely.**

*Until your money is handled, you are not at choice in life.*

### **10. Define success for yourself.**

*When you define success for yourself, life becomes very, very simple.*



©2001 by Coach U, Inc. Created by Thomas J. Leonard for Coach U. Licensed by CoachVille.  
May be distributed/duplicated with attribution. Visit [www.coachville.com](http://www.coachville.com)