

My Life Purpose FoundationSM Program

Like great buildings, great lives start with a firm foundation. This life purpose foundation is made up of four key “basic strengths” to a purposeful life; Spiritual strength, Physical strength, Mental strength, and Relational strength. Without the strong foundation made up of these key strengths, everyday life can get in the way of the purposeful life God has in store for you. By completing this Life Purpose FoundationSM program, you will begin to identify the areas of your foundation that are vulnerable and begin to strengthen those areas.

Step 1

Take an inventory of your life purpose foundation by placing a checkmark next to each item that is currently true for you. You may also give yourself credit for the items that do not apply to you.

Spiritual

- I believe in God
- I have made time in the last week for my spiritual life
- I pray daily
- I read my Bible daily
- I regularly participate in a Bible study
- I give, financially, on a regular basis to my local church or synagogue
- I share my beliefs with others who need uplifting and help
- I am regularly involved with a local church or synagogue
- I have sought forgiveness from those I have harmed or hurt
- I have forgiven myself for mistakes I have made
- I have forgiven others who have hurt me
- I have volunteered my time in the last six months to my church or faith-based organization
- I make a conscious effort to live my life in a way that is aligned with my belief system

Physical

- I exercise at least twice each week
- I drink plenty of water
- I take a multivitamin daily
- I eat a balanced diet
- I avoid sugar
- I avoid caffeine
- I have had a thorough physical exam in the last year
- I regularly conduct a breast or testicular self examination
- I have had my vision and eyes checked in the last year
- I have had my cholesterol checked recently
- I wear sunglasses when I am outdoors
- I wear sunscreen when I am exposed to the sun
- I have had my hearing checked recently
- I have had my teeth cleaned and have had a dental examination in the last six months
- I have had an HIV test in the last year (if I am at risk for HIV)
- I am physically and emotionally safe

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Mental

- I regularly spend time relaxing
- I practice mental exercises regularly (e.g., reading, puzzles, etc.)
- I have taken a class or course in the last year
- I have read a non-fiction book in the last six months
- I am actively engaged in learning something new
- I have learned a new task in the last month
- I have engaged in a multi-tasking exercise in the past week
- I have worked on a puzzle or played a mind-stretching game in the last two weeks

Relational

- I get along well with my spouse or significant other
- If I have children, I spend regular quality time with them
- I get along well with my siblings and parents
- I have a best friend
- I have a circle of friends who are supportive of me
- I have a soul mate
- I have set clear boundaries with others in my life
- I respect and honor the boundaries of others
- I enjoy working with my boss and co-workers
- I am a friend to another person
- I am involved in at least one group activity each month
- I have made a new friend in the last six months

Step 2

Calculate the number of boxes checked in each of the four categories (Spiritual, Physical, Mental, and Relational). Color or check a “building block” below for each box checked above.

Spiritual	Physical	Mental	Relational
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Step 3

Identify which of the four areas of your life create the most vulnerability to your life purpose foundation. (For example, which area is least complete?) Create a plan (you may use the “My Improvement Plan” tool below) to address those areas. You may address issues in more than one area in your plan. When you have addressed an item, color or check the building block. When you have at least all but one block in each area filled in, you are on the way to having a strong life purpose foundation.

My Improvement Plan

WHAT Basic Area to Improve	HOW What I Will Do	WHEN I will complete by	WHO Who will I ask to help me?

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