

## **Foundations - A Self Assessment**

To build a house, even before laying the foundation, a builder first needs to know the lay of the land. A surveyor gathers information, takes measurements, and studies the environment in order to properly define the property. A survey may also highlight potential defects or areas of improvement. Using this information, a builder can better prepare to lay a proper foundation that will support the house regardless of load or outside forces.

Just like the builder, we need to do a survey before laying our foundation. The following self assessment will give you information and measurements of the state of your life as you see it right now. It may also show you where you may need to focus and make adjustments as you build your foundation.

This is simply an inventory of how you view your life. There is no judgment. It is simply where you are. This gives you a baseline to work from if you decide to make changes. You may find as you begin to dig into these questions that outside assistance is needed. A coach can offer an objective viewpoint and help get you moving forward and on track for progress.

So why build a foundation anyway? Why not just live life as it comes? Essentially, we do live life as it comes. Often we cannot control what happens in life, but only how we respond to it. Having a strong foundation will keep us stable and support us in how we respond to life's various events. Just as a firm foundation keeps a house stable in an earthquake, a strong personal foundation can keep us stable and able to respond aptly during various "life-quakes".

Take this self assessment and be open and honest with yourself. Then, as you move through life, and especially if you decide to take action on building your foundation, take the assessment again in 6 months or a year and compare your results. Notice any changes, ALL of them, without judgment, and continue to move forward in building your perfect life.



## PERSONAL NEEDS

Date \_\_\_\_\_

What do I currently do to care for myself?

How do I spend my free time?

How do I allow myself down time to rest and recuperate?

What is my current health status?

current weight vs ideal weight

vision

hearing

diet and nutrition

exercise

sleep

How do I recharge spiritually?

What did I do for my last vacation or time away from work?



## RELATIONSHIPS

Date \_\_\_\_\_

How do I feel about my current relationship status?

How do I feel about my spouse/significant other?

Who are friends I can turn to in times of crisis?

Who are friends I share my successes with?

How are my family relationships?

parents

children

siblings

in-laws

extended family

How well do I know my neighbors?



## CAREER/JOB

Date \_\_\_\_\_

How do I feel about my current work situation?

What is the growth potential in my current job?

What would my ideal job/career be?

What is my relationship with my boss/clients/customers like?

What type of relationship do I have with my co-workers?

How is my commute to and from work?

What types of benefits does my work offer aside from a paycheck?



## FINANCES

Date \_\_\_\_\_

How do I feel about my current income level?

What debt do I currently have?

Do my current spending habits align with my goals?

Do my current savings habits align with my goals?

What assets do I have?

Do my assets earn additional income or increase in value?

What forms of residual income do I have working for me?



**CORE VALUES/CHARACTER**

Date \_\_\_\_\_

What am I tolerating in my life?

How do I want to be remembered?

What legacy do I want to leave behind?

What unfinished business do I have that needs to be addressed?

Where am I out of integrity in my life?

How am I growing and evolving as a person?



## NEXT STEPS

I hope you took your time and really dug in with this self assessment. Likely, there were a few things that opened your eyes to changes you may wish to make in your life. This is what building your personal foundation is all about.

Now that you've taken a look at these aspects of your life, what next?

Well, you could begin tackling them on your own. Choose one question where you weren't satisfied with the answer you gave and change it so that your answer is closer to where you want it to be.

You could check out Finding Balance, Finding Truth. This is the book that started it all for LifeWalk Wellness. FBFT walks you through a 25 step program to begin building your perfect life. It can be [found on Amazon](#).

You could also enlist the help of the author and coach. [Life Management Coaching](#) is designed to help you create the life you want and change the answers to the questions in this assessment as well as other areas of your life.

**Thank you again for participating!**

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