

## Creating a Strong Foundation

**The Strong Foundation Program is a checklist of 125 items which, when completed, will give you enormous personal freedom.**

These 125 items are grouped in 5 Life Areas:

*Well-being, Physical Environment, Finances, Career and Relationships.*

**These areas are the cornerstones for your Life Design.**

### **OBJECTIVE**

In our lives, we require physical, emotional, spiritual and mental wholeness in order to feel fulfilled. It takes work to keep ourselves whole when there are things in our lives that are incomplete. To exist with integrity – whole and complete – is our goal. The Strong Foundation Program provides a means to live one's life with integrity.

Incompletions are those physical, emotional or mental items that are in some way unresolved in the current moment. There are (at least) 125 possible ways in which your life can be Incomplete (25 in each of the 5 Life Areas). **Your goal is to complete all 125 areas of your life**, therefore coming to a place of integrity, wholeness and balance.

### **PROMISE**

**The Strong Foundation inventory promises 3 things will happen as you engage in this program:**

1. **You will have more energy and vitality.** There is nothing like clean space, healthy communication and self-responsibility to give you more energy.
1. **You will increase your scores just by being in the program.** Once you go over the list of the 125 areas of possible completion, you will find yourself handling some of these without even trying. Others take more work, but you will make your way toward the score of 125.
2. **You will gain perspective on who you are, where you are and where you are going.** When incompletions are recognized and handled, you can better see what is around you, including yourself. You will see situations as they really are, you will discern what is going on within you and around you and you'll *react* less and *choose or respond* more in your daily life. This higher perspective is essential in the process of designing one's life, and it starts with a Strong Foundation.

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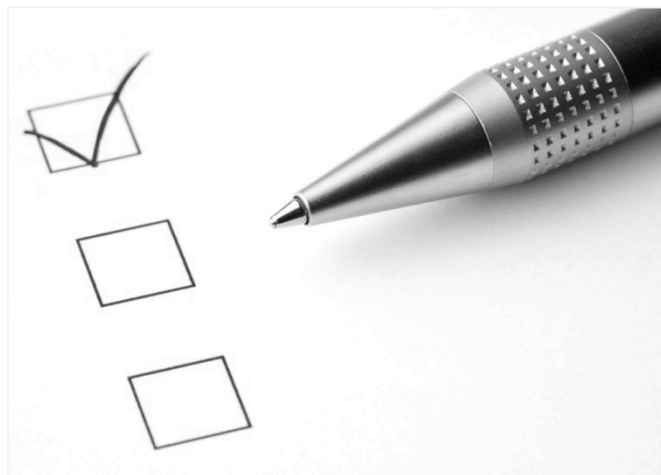
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## ***INSTRUCTIONS***

There are 3 steps to completing the Strong Foundation.

3. **Answer each question in the Questionnaire.** If true, check the box. Be rigorous; be a hard grader. If the statement is *sometimes* or *usually* true, please DO NOT check the box until the statement is virtually always true for you. If the statement does not apply to you and will never apply to you, check the box – you get "credit" for it because it will never be applicable to you. You may also change any statement to fit your situation better.
4. **Write down the totals from each section and then add them up.** Now you know where your baseline or starting point lies.
5. **You can do it!** This process may take 30 days or 360 days, but you can achieve a Strong Foundation. Use your Personal Accountability Team to assist you in keeping at it. Be sure to check back with this inventory at least once per quarter for maintenance. While you are in the Life Design course, please be sure to calculate your Strong Foundation score before coming to each session.



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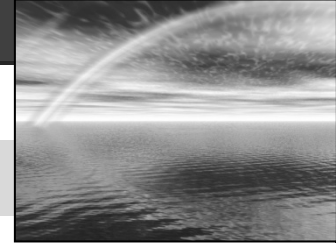
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## **STRONG FOUNDATION CHECKLIST**

### QUESTIONNAIRE PART 1 – WELL-BEING



- I cultivate and nourish my body with healthy and well-balanced foods.
- I am mindful about what media I consume via television, radio, movies and newspapers.
- I rarely drink alcohol (less than 2 drinks per week).
- My teeth and gums are healthy and I have seen a dentist in the last 6 months.
- My cholesterol is at a healthy level.
- My blood pressure is at a healthy level.
- I have had a complete physical examination within the past 2 years.
- I do not smoke tobacco or other substances.
- I do not use illegal drugs or misuse prescription medications.
- I have had a complete eye examination within the past two years (glaucoma check, vision test).
- My weight is within my ideal range.
- I do not rush or use adrenaline to get the job done.
- I engage in spiritual practices that enhance my quality of life (church, prayer, meditation, reading, journaling, nature walks).
- I have something to look forward to virtually every day.
- I have no habits which are unacceptable to me.
- I am aware of the physical or emotional conditions I have and am taking care of them.
- I have a community of high-energy, supportive, like-minded people who see the highest and best in me always and in all ways.
- I take at least four weeks of vacation each year.
- I have just the right amount of sleep.
- I have a healthy and enjoyable relationship with my sexuality and sensual expression.
- I do not schedule myself beyond what I can reasonably and competently accomplish.
- I laugh out loud every day.
- I give and receive welcomed hugs every day.
- I exercise at least three times per week for both cardio fitness and muscle strength.
- I have a solid group of health care providers who support my wellness (physician, massage therapist, chiropractor, fitness trainer, etc).

= Total Well-being

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## QUESTIONNAIRE PART 2 – PHYSICAL ENVIRONMENT

- My personal files, papers, and receipts are neatly filed away.
- I live in a home that I love.
- I surround myself with beautiful things.
- I live in the geographical location of my choice.
- There is ample and healthy lighting around me.
- My clothes enhance my appearance (no worn out, out-of-date or ill-fitting clothes).
- My plants and animals are healthy (fed, watered, getting light and love).
- My bed/bedroom lets me have the best sleep possible (bed, covers, light and air).
- I sort the mail and place it where it belongs when I come into my home and/or office with it.
- My car is in excellent condition (doesn't need mechanical work, repairs, cleaning or replacing).
- My home is clean and tidy (vacuumed wardrobes and drawers organized, desks and tables clear, furniture in good repair, windows clean).
- My appliances, machinery and equipment work well (fridge, toaster, lawn mower, water heater, etc.).
- The things in my home are a reflection of me and my values.
- I am not tolerating anything about my home environment.
- My work environment is productive and inspiring (synergistic, ample tools and resources; no undue pressure).
- My technology (computer, internet, data storage, camera, video, etc) works well and fully supports my efforts.
- I back up my hard drive at least weekly.
- My software is up to date and meets my needs.
- I surround myself with sounds that make my life more enjoyable (music, silence or other pleasing acoustics).
- I am a responsible steward of the environment, practicing the principles of reduce, recycle and reuse.
- I have the support that I need to fully maintain my home, car and work space (cleaning help, mechanic, handy person).
- People feel relaxed and peaceful in my home.
- My home and surroundings are a haven for my soul.
- I have nothing around the house or in storage that I do not need.
- I easily let go of items that no longer serve a purpose in my home, office and/or life.



= **Total Physical Environment**

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## QUESTIONNAIRE PART 3 – FINANCES



- I currently have a regular plan of savings.
- I pay my bills on time.
- My income source/revenue base is stable and predictable.
- I know how much I must have to be minimally financially independent and I have a plan to get there.
- I have returned or made good on any money I borrowed.
- I have written agreements and am current with payments to individuals or companies to whom I owe money.
- I have 3-6 months' living expenses in an easily accessible account.
- All my tax returns have been filed and all my taxes have been paid.
- I currently live well and within my means.
- I have excellent personal insurance (life, accident, disability, medical, etc.).
- My assets (car, home, possessions) are well-insured.
- I have financial goals for the next year, and they are written down.
- Any parking tickets, alimony or child support is paid and current.
- I have no legal issues hanging over my head.
- My will is up-to-date and accurate.
- My investments do not keep me awake at night.
- I know my net worth.
- I am on a career / professional / business track which is or will soon be financially and personally rewarding.
- My earnings are commensurate with the effort I put into my job.
- I work with a financial planner or devote time and attention on my own toward my financial future.
- I freely and comfortably contribute money commensurate with my values and planned giving.
- I am mindful about not spending money on things that violate my values and principles.
- I do not fret or worry about money. I am confident about having my needs met.
- I enjoy money and feel worthy of having abundant financial means.
- I have a healthy relationship with money and am comfortable discussing it with others.

= Total Finances

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## QUESTIONNAIRE PART 4 – CAREER



- My career is an expression of who I know myself to be.
- My work allows for a sense of creativity.
- I feel inspired by the work I do.
- I feel like I make a difference to people, the community or my workplace via my career.
- I am not burned out.
- My work reflects my values and mission.
- I enjoy my work and look forward to performing the work functions that are mine to do.
- I work with fun, supportive, high-energy people.
- My career enhances my self esteem.
- My career enhances my quality of life.
- I find fulfillment and satisfaction in my career.
- I feel a part of something larger than myself because of the work I do.
- I have career goals in place and a plan to achieve them.
- My career includes training, education and opportunities to grow.
- I have sufficient training and skills to excel at my profession.
- I read current literature regarding advancements in my field.
- I have one or more professional mentors that inspire and support me.
- I am willing to take risks in order to grow and advance my career.
- I give 100% of myself to my career and it shows.
- My workplace is flexible enough to meet my needs.
- My commute does not impact my quality of life in a negative fashion.
- I offer ideas, suggestions and solutions in my workplace rather than becoming part of the problem.
- I get along well with my clients.
- I get along well with my managers.
- I get along well with my colleagues and coworkers.

= Total Career

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## QUESTIONNAIRE PART 5 – RELATIONSHIPS

- 
- I have told the significant people in my life that I love them.
  - I quickly get over upsets and don't hold resentments.
  - My relationships are more fulfilling than draining.
  - The relationships I have enhance my quality of life.
  - There is no one whom I would dread or feel uncomfortable "bumping into" (in the street, at an airport or party).
  - I put people first and results second.
  - I have let go of the relationships which drag me down or damage me ("let go" means to no longer be attached to).
  - I have communicated or attempted to communicate with everyone whom I have hurt, injured or seriously upset, even if it wasn't fully my fault.
  - I do not gossip or talk about others.
  - I have a circle of friends/family that love and appreciate me for who I am more than just what I do for them.
  - I tell people how they can support me rather than whine or be a martyr.
  - I am fully caught up with thank you notes, letters, and calls.
  - My relationships are free of drama.
  - I receive enough love from people around me to feel good.
  - I have fully forgiven those people who have hurt/damaged me, intentional or not.
  - I am a person of my word and people can count on me.
  - I quickly correct misunderstandings when they occur.
  - I let people be who they are and appreciate their uniqueness.
  - I am complete with past loves or spouses.
  - I make it a priority to spend time with people who lift me up.
  - I do not judge or criticize others.
  - I do not "take personally" the things that people say to me.
  - I have a best friend or life partner whom I trust, cherish and enjoy.
  - I look for what's working in relationships rather than what's missing.
  - I am able to see other people's perspectives, even when I do not agree with them.

= Total Relationships

⇒ **score your strong foundation**

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## **STRONG FOUNDATION SCORING:**

Add your totals from the five sections. Initial scores for the first-time participant range, on average, between 30 - 75 points out of the 125 points possible. Most people who are engaged with the program increase their scores between 2 and 6 points per month. Points are added more quickly at first, slowing down significantly after one has added 20 or so points. Major plateau areas are at 70-75, 85-90 and 95-125.

Typically, our egos are well-entrenched in the last 5 or 10 points that remain before completion. Take care with these points. **Take on this program with the intention of achieving a score of 125.**

### **Important points**

1. Establishing a Strong Foundation in an integral part of Life Design. With this strong base, one can build a vibrant and attractive future. **It requires an investment.**
2. This program is a backdoor approach to personal growth, business success and happiness. Rather than chase goals or try to figure out your life purpose, better to remove the things that are blocking you from Completion and, therefore, from balance and happiness. With those things out of the way, you can get **the perspective you need to make better decisions and attract what you really want.**
3. The Strong Foundation is a way to achieve the balance that leads to happiness, clarity, health and stability. When you have each of these elements in your life, **the channels open to increased ease, possibility and joy. Try it! You'll see.**

### **Score tracking**

Here's a handy chart to track your scores through Life Design.

<b>STRONG FOUNDATION</b>	<b>SESSION #1</b>	<b>SESSION #2</b>	<b>SESSION #3</b>	<b>BONUS SESSION</b>	<b>SESSION #4</b>	<b>SESSION #5</b>
<b>WELL-BEING</b>	/	/	/		/	/
<b>PHYSICAL ENVIRONMENT</b>	/	/	/		/	/
<b>FINANCES</b>	/	/	/		/	/
<b>CAREER</b>	/	/	/		/	/
<b>RELATIONSHIPS</b>	/	/	/		/	/
<b>TOTAL SCORE</b>	/	/	/		/	/

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