

Foundations Audit

ABOUT 10 MINUTES · REPEAT EVERY FEW MONTHS

From Part I of the book. Rate each foundation from **1** (in serious difficulty) to **10** (solidly in place) — as it **actually is right now**, not as it could be. Write your score in the box.

Scoring scale: 1 = in serious difficulty · 5 = getting by · 10 = solidly in place

1 — serious difficulty

5 — getting by

10 — solidly in place

1 **Movement.** I move my body most days of the week.

2 **Sleep.** I get seven to nine hours most nights and wake reasonably rested.

3 **Nutrition.** Most of what I eat is real, whole food; my energy is steady through the day.

4 **Mental health.** I can name what I feel, manage anxiety and stress, and recover from difficulty.

5 **Financial security.** I can absorb a surprise expense; my debts are managed; I am moving toward security.

6 **Safety and stability.** My housing is stable; my daily life has predictable anchors; I am physically safe.

7 **Social connection.** I have several people I can be fully myself with, and I see them regularly.

8 **Hope and optimism.** I believe my situation can improve and that my actions contribute to improving it.

9 **Character strengths.** I know my signature strengths and use them most days.

MY SINGLE LOWEST SCORE IS

Date completed: _____

What to do next. Circle your single lowest score. That is your *highest-leverage starting point* — the foundation generating the most drag and offering the biggest return on effort. Turn to the matching chapter in Part I, pick one small action from its “In Practice” list, and do it today. Then do it again tomorrow. Foundations are built through consistent small actions across months, not grand gestures.

Pairs with the Well-Being Baseline worksheet. Redo both every few months and compare your scores — that comparison is where the value compounds.