**How Firm is Your Foundation?**

**Having Balance in Your Life.**

1. ***Spiritual Balance:***
2. What are my believes?
3. What are my values?
4. Do my decisions align with my values and believes?
5. ***Emotional Balance:***
6. How would I describe my communication with friends and family?
7. Am I open to express my thoughts and feelings?
8. Do I allow myself to be vulnerable (open and honest) in relationships?
9. ***Physical Balance:***
10. Does my environment provide safety and security for me?
11. Do I eat healthy, getting the proper nutrition that my body needs? Do I eat when I’m bored, lonely, or upset?
12. Do I get adequate sleep?
13. ***Financial Balance:***
14. Do I live within my budget?
15. Do I shop when I’m upset, lonely, bored?
16. Do I have a savings plan?