

MY FOUNDATION

Your Foundation is who you are at your core and what no one can change about you. When someone asks you what makes you happy, your Foundation is your answer.

Browse through the Foundations and add any you think are missing.

- FOUNDATIONS -

problem
solving

working
independently

teaching /
mentoring
others

helping
people

being
creative

working with
others / building
relationships

accomplishing
my goals

upholding a
just cause - or -
value I believe in

being physically
active

communicating /
sharing stories

learning /
challenging myself
mentally

building
things

Using the list of Foundations, complete the following steps to identify your Foundation.

1. Put a line through any Foundations that you wouldn't want to do, *even if you were paid to do it*.
2. Put a line through any Foundations you would do, *but only if you were paid to do it*.
3. Highlight any Foundations *you would do for free*.
4. Fill out the phrase below using the Foundations that you highlighted or did not cross out.

As long as I am: _____, I'LL
 As long as I am: _____, BE
 As long as I am: _____, HAPPY.

Use the chart below to rank your top three Foundations and explain how they align with who you are.

FOUNDATION	WHY DOES THIS FOUNDATION MAKE ME HAPPY?	RANKING (#1 being most aligned to me, #3 being least)