



# 5 ELEMENTS

## OF A HEALTHY FOUNDATION

**LIFE  
PURPOSE**

**VISION**

**CHARACTER**

**VALUES**

**SPIRIT**

**WHAT AM I  
MEANT TO  
DO?**

**WHERE DO I  
WANT TO GO?**

**WHO DO I  
WANT TO BE?**

**WHAT DO I  
BELIEVE?**

**WHAT MAKES  
ME WHOLE?**

### HEALTHY FOUNDATION

- Solid, stable, principles you can build on.
- Determines if, how, and when you build with someone.
- Creates a base to understand who you want and what you are looking for.

### HEALTHY FOUNDATION

- Where you will return to gain clarity when things get cloudy or confusing.
- Helps you manifest the experience you want to have.