

Monthly Personal Foundation

Review on the first day of each month

ACTION	J	F	M	A	M	J	J	A	S	O	N	D
Zap tolerations each day												
Simplify your life												
Resolve unfinished business												
Identify your 10 daily delicious habits												
Restore integrity where it is broken												
Handle money appropriately and wisely												
Give your body the gift of enough sleep each night												
Eat healthy every day with appropriate food groups												
Extend your community												
Start attracting instead of striving or surviving												
Decide on place to donate your time and/or money												
Treat your body like the temple it is												
Improve your attitude and attract happiness												
Thank people ho have made your life rich												
Allow time for silence each day to allow creativity												
Give thanks to nature around you and all the beauty												
Smile at 3 or more strangers each day – give the gift												
Live in integrity and identify your values												
Live your life in abundance instead of scarcity												
Know and understand what makes you happy												
Give thanks and gratitude daily												
Acknowledge the gifts you’ve been given in life												
Smile in the mirror each day acknowledge yourself												
Send love and good wishes to people less fortunate												