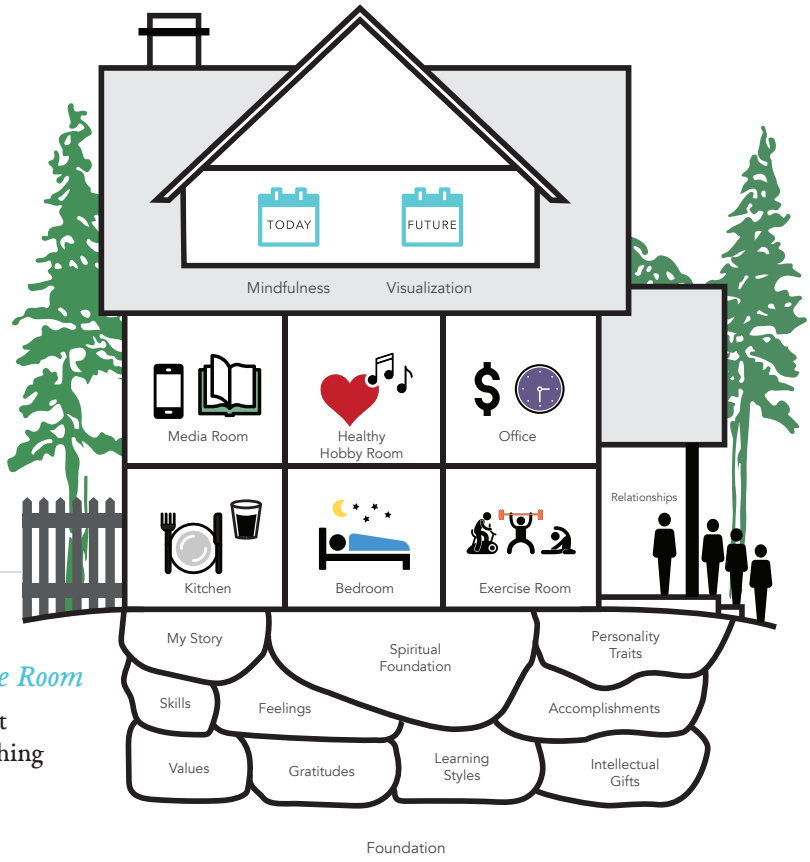
Building Your Brilliance



FOUNDATION LEVEL: A HEALTHY SOUL

Building a Strong Foundation

A strong foundation means knowing yourself and feeding your spiritual foundation. This is where you identify and own your values, your journey, your heritage, your learning style(s), your birth order, your behavioral traits.

Daily practices continue to strengthen and reinforce your strong foundation.

Maintaining My Foundation

These practices include meditation, spiritual guidance, identification of emotions, gratefulness.

LEVEL 1: A HEALTHY BODY

The Kitchen

Eat 5 to 9 fruits and veggies a day

8 glasses of water/day

Complex carbs and protein

The Bedroom

7 to 9 hours of sleep

Bedtime routines that encourage restful sleep

The Exercise Room

Cardio/Weight bearing/Stretching

LEVEL 2: A HEALTHY MIND

The Library/Media Room

Feeding your mind with healthy music, reading, media

The Healthy Hobby Room

What do you do that is enjoyable, safe, legal, and doesn't cost money?

- Craft room or workshop
- Collections and/or Activities

The Office

Wise use of Time:

- Take breaks, focus on one project at a time
- Too much to do? Pick a task and do for 20 minutes

Money Management:

- Make a budget and use cash to "know" what you are spending
- Keep track of all you are spending

BOUNDARIES AND NATURE

Respectful Protection

Finding words and actions to collaborate for safety for all involved

Getting outside

Using the great outdoors to reduce anxiety

Get outside for enhanced problem-solving skills

WINDOWS OF YOUR HOUSE

Fulfilling Dreams

Mindfulness – being present

Visualizing – a positive, successful future

HEALTHY RELATIONSHIPS

Interactions with Self

Nurturing Self-Talk

Interactions with Others

Respectful and responsible interactions with others

EXTERIOR – INTERIOR INSPECTION

Reflections on your progress

Do a "walk-through" of your house and affirm yourself and progress towards living a happy, healthy life – no matter what your current circumstances may be

GOALS AND RESOURCES

Cleaning and Remodeling

SMARRT Goals I can fulfill

Local resources to support cleaning, remodeling, and maintenance