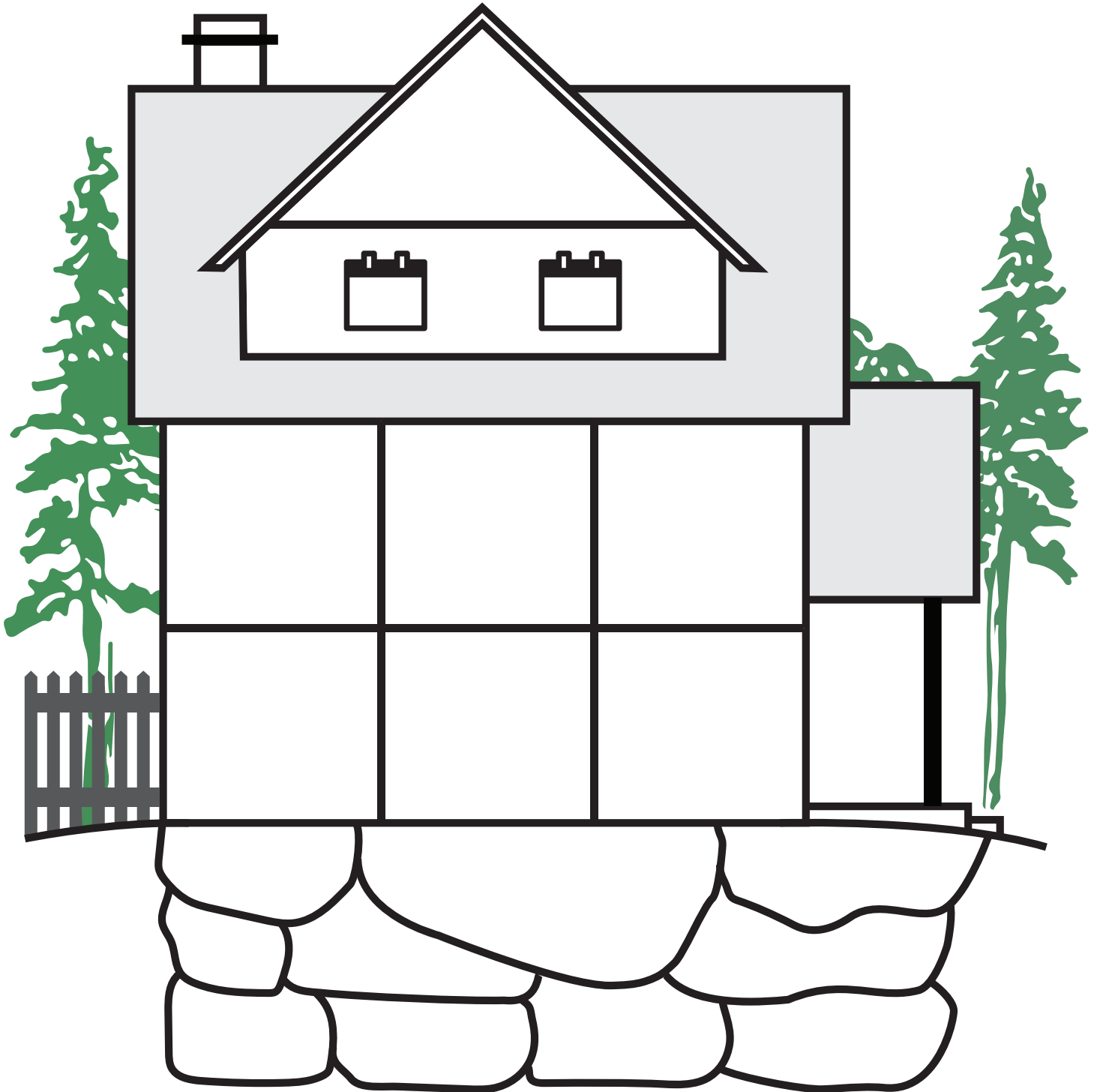


# Building Your Brilliance

Name: \_\_\_\_\_ Date: \_\_\_\_\_



# Building Your Brilliance

## FOUNDATION LEVEL: A HEALTHY SOUL

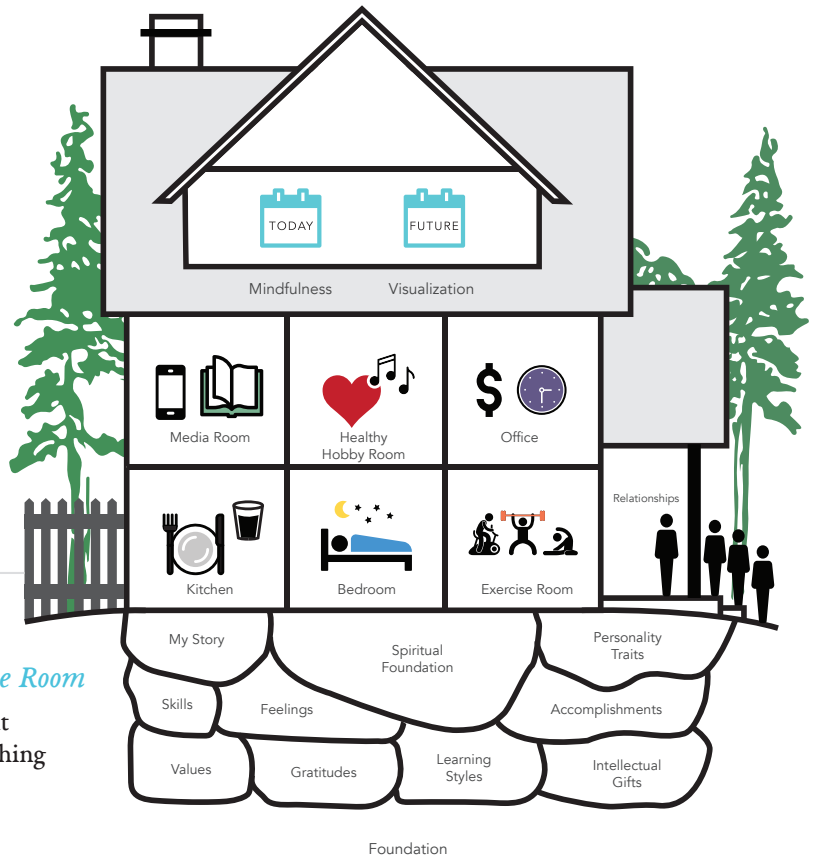
### Building a Strong Foundation

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

## 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

SMART Goals I can fulfill  
Local resources to support cleaning, remodeling, and maintenance

## 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