

Honoring and Protecting the Home within



Building your FOUNDATION questionnaire



1. What fuels you?
2. What drains you?
3. What do you value in life?
4. What are the morals you hold dearly?
5. What are some of your standards for yourself?
6. How good are you at setting boundaries?
7. Have you ever felt lost? If so, when and what were the events that transpired for you to feel that way?

PROTECTING YOUR HOME

In order to honor the home within you, you must protect your home. Detect all your core values, identify the morals that support them, create the standards you will hold yourself to and be clear on the boundaries you must place to protect it all.

