THE FOUNDATION CHECKUP

A five-minute reflection for your life, work, and relationships.

HOW TO USE THIS CHECKUP

Rate how true each statement is of your life right now - not how you hope it will be.

1 Not true	2 Rarely	3 Sometimes	4 Often	5 Consistently

01 CLARITY & DIRECTION

SCORE 1-5

- I know what I am building toward in my life and work.
- I can identify which goals matter now - and which can wait.

02 PERSONAL ALIGNMENT

SCORE 1-5

- My everyday decisions reflect the values I say matter.
- I make room for my well-being instead of only meeting demands.

03 HOME & RELATIONSHIPS

SCORE 1-5

- My closest relationships receive intentional time and attention.
- I deal with difficult conversations instead of avoiding them.

04 DISCIPLINE & EXECUTION

SCORE 1-5

- I follow through on important commitments to myself and others.
- I have a realistic weekly plan and review my progress.

05 WORK & STEWARDSHIP

SCORE 1-5

- My work or business supports my life rather than controlling it.
- I know where my time and money are going.

NEXT: Add your 10 ratings, then turn the page to choose your next step.

YOUR RESULTS

Your score is a starting point. Your next decision is what matters.

STEP 01 / FIND YOUR BASELINE

Add all 10 ratings. Your total should fall between 10 and 50.

TOTAL SCORE

42-50 ALIGNED

Protect what works. Strengthen your lowest-rated area.

32-41 UNDER PRESSURE

Notice where stress is pulling you out of alignment.

22-31 UNSTEADY

Simplify. Rebuild one habit or relationship at a time.

10-21 TIME TO REBUILD

Start with the essentials. Small, honest steps count.

Your lowest ratings matter more than a polished overall number.

STEP 02 / CHOOSE ONE NEXT STEP

1. Which area needs attention first?

2. What have I been avoiding or allowing to drift?

3. What ONE action will I take in the next 7 days?

KEEP YOUR COPY. SHARE IT BEFORE WE MEET.

Save your completed PDF and keep a copy for your Foundation Meeting.
Email your completed copy beforehand so we can prepare.

EMAIL apineroconsulting@gmail.com
WEBSITE anthonypinero.com

A self-reflection tool, not a formal evaluation. Answer with honesty, not perfection.