
Building A Strong Foundation

What's Your Foundation?

by Devlyn Steele

Do you wish to be great? Then begin by being. Do you desire to construct a vast and lofty fabric? Think first about the foundations of humility. The higher your structure is to be, the deeper must be its foundation.

-Saint Augustine

We all have goals, and there are aspects of our lives we want to improve. The question we ask ourselves is "how do we accomplish them?" Sometimes, rather than concentrating on how to move forward you have to take a step back. We are in such a rush to get what we want that we forget what it means to build. The process of building starts with a solid foundation and moves forward from there. If you build on a weak foundation whatever you build will be unstable, and you may not be able to build at all.

Building the actual foundation of a tall skyscraper starts with digging. You dig down into the earth and begin to lay a deep foundation that will support your structure. You would not step into an elevator inside a building if you knew that the building was built on a weak foundation. Why not? You would not step inside the elevator because you value your life and would not want to knowingly put it at risk.

Do you really value your life?

Maybe we do not value our lives as much as we might think. We will often move forward and step into the elevator of our lives, trying to reach higher floors, without first building a strong foundation. Why are there areas in your life that are not progressing? Why do you repeatedly fall from what you have built? The reasons for the repeated falls and the lack of progress stem from a weak foundation and the fact that we are trying to build higher without repairing the foundation.

After a relationship ends and the shock, heartache, or grief subsides, it is often our natural tendency to begin searching for a new person to be with. The same can be true with job loss. Lose a job and we will immediately start pushing forward to find a new job. Gain weight and start another diet. We can see this pattern reflected across many areas of our lives.

Sometimes, in order to achieve a better life going forward you have to take a look back and examine your foundation. If you began by building on a weak foundation you will not produce what you want and whatever you build will eventually fall apart. Before rushing in to build up your life you should ask yourself what the foundation is that you are building upon.

If, for example, you build all your relationships on a foundation of neediness, or one of being a people fixer, then you will always enter into the same type of relationships and experience the same results. If you build your career on poor behavior, a lackluster attitude, or outdated skills, then you will run into the same obstacles along the way.

Don't be in such a rush. Slow down, take a step back, and examine your foundation. Just like building a skyscraper, you should dig deep into yourself and prepare a strong foundation so that you can build a stable future and achieve the results you want. You have the ability inside yourself to build a strong foundation. From there you can build your life to be a tall, gleaming skyscraper.