



The 9 Environments of You

Pre-Class Field Work

Environments Assessment

In the assessment below, you will be rating your life in each of the 9 environments with 10 statements for each environment. For each question, give yourself one point for each statement that you say is currently true for you in your life. For each statement that is not true for your life, give yourself a score of 0. The maximum number of points you can score in each environment is 10 points.

Once you have tallied your points in each section, add up your total points. Give yourself a bonus of 10 points just for taking the assessment.

Total Points Possible: 100

The goal with this assessment is not to give your life a score of excellent, good, fair or poor but to support you in raising your awareness around which environment (s) might be creating a source of stress or struggle in your life. Once you have completed the assessment, look closely at the repeating patterns in your environments, and begin considering which environment is your "Achilles heel"...the one environment that is at the root of most of your challenges. Once this environment is "cleaned up", there is a good chance that the other environments will fall into place as a bi-product of this one area being addressed.

Keep playing periodically until you reach 100 points!

Progress Chart:

Date	Points	Score

Mematic	Body	Self
<p><input type="checkbox"/> I am at choice with my beliefs. I don't accept a belief simply because someone hands it to me.</p> <p><input type="checkbox"/> I understand that my beliefs, both past and present, have served me in some positive way.</p> <p><input type="checkbox"/> My present day belief system is designed to support my evolution.</p> <p><input type="checkbox"/> I feel safe to explore my beliefs, and I feel comfortable challenging my old beliefs that may no longer be serving my growth</p> <p><input type="checkbox"/> I am quickly able to filter out information and beliefs that do not support my growth.</p> <p><input type="checkbox"/> I am not overwhelmed by information. I choose my information, books, magazines and newsletters carefully to make sure they are supporting me in living my ultimate life.</p> <p><input type="checkbox"/> Information flows freely, in and out of my life. Information does not "get stuck" in my inbox or on my desk.</p> <p><input type="checkbox"/> I live easily with paradox.</p> <p><input type="checkbox"/> I am comfortable with stretching beyond my own self imposed constraints and against popular opinion in order to learn and grow.</p> <p><input type="checkbox"/> I limit the amount of time I watch television to 5 hours per week, and I only watch programs which contribute to my happiness, health and wealth.</p> <hr/> <p>Mematic: Total Number of Points: _____</p>	<p><input type="checkbox"/> I have an abundance of energy</p> <p><input type="checkbox"/> I exercise regularly (at least 4x/week)</p> <p><input type="checkbox"/> I have had both a dental and physical exam in the last 12 months</p> <p><input type="checkbox"/> My health is not a burden on anyone</p> <p><input type="checkbox"/> I get the sleep I need to be fully engaged in life</p> <p><input type="checkbox"/> I eat to nourish my body. I don't live to eat or to relieve stress.</p> <p><input type="checkbox"/> My hair, clothing, eyeglasses, and accessories are hip and authentic for me</p> <p><input type="checkbox"/> My body and physical appearance are an inspiration to other people.</p> <p><input type="checkbox"/> My weight is healthy for me, and I am comfortable with my weight.</p> <p><input type="checkbox"/> I don't drink excess caffeine or alcohol.</p> <hr/> <p>Body: Total Number of Points: _____</p>	<p><input type="checkbox"/> I am highly aware of my own self talk (both positive and negative), and I leverage my self talk to learn and grow.</p> <p><input type="checkbox"/> I am emotionally mature.</p> <p><input type="checkbox"/> I know my assets (my strengths, talents and skills), and I leverage them each day for my success.</p> <p><input type="checkbox"/> I am confident, and I have a positive self image.</p> <p><input type="checkbox"/> I can laugh at myself.</p> <p><input type="checkbox"/> I live authentically.</p> <p><input type="checkbox"/> I take full responsibility for my choices in life. When I make a mistake, I don't blame others, justify or rationalize my actions.</p> <p><input type="checkbox"/> My life is an inspiration to others.</p> <p><input type="checkbox"/> I don't procrastinate.</p> <p><input type="checkbox"/> I have strong boundaries in my life, and I honor those boundaries so that I live at my peak potential.</p> <hr/> <p>Self: Total Number of Points: _____</p>

Spiritual	Relationships	Network
<p><input type="checkbox"/> I have a relationship with a higher power.</p> <p><input type="checkbox"/> I feel very connected to each human being and to nature.</p> <p><input type="checkbox"/> I understand that love is the source of my connection to all living and spiritual beings.</p> <p><input type="checkbox"/> I am connected to my own spiritual intuition.</p> <p><input type="checkbox"/> I belong to a spiritual community that is right for me and that allows me to grow and evolve.</p> <p><input type="checkbox"/> I don't force my beliefs on others. Even though I might disagree, I respect other people's spiritual beliefs.</p> <p><input type="checkbox"/> I am committed to a daily spiritual practice.</p> <p><input type="checkbox"/> I live with abundance each day (an abundance of happiness, health, wealth, love, energy and spiritual fulfillment)</p> <p><input type="checkbox"/> I know how to "get in the zone".</p> <p><input type="checkbox"/> I practice servant leadership, giving of my time and talents to others.</p>	<p><input type="checkbox"/> I don't have any unresolved issues with the people in my life.</p> <p><input type="checkbox"/> My relationships are built on honesty, trust and mutual respect.</p> <p><input type="checkbox"/> I have a passionate relationship with a romantic partner, and I have healthy sex with my partner.</p> <p><input type="checkbox"/> I don't have relationships in my life that are damaging or draining. The people in my life inspire and support me and pull me forward in the direction of a happy, healthy, wealthy life.</p> <p><input type="checkbox"/> The people that I spend my time with are living a happy, healthy, wealthy life, and they bring out the best in me.</p> <p><input type="checkbox"/> I don't gossip.</p> <p><input type="checkbox"/> I am comfortable being my true authentic self around the people in my life.</p> <p><input type="checkbox"/> I give and receive love freely in my life.</p> <p><input type="checkbox"/> I have fun and laugh with the people in my life.</p> <p><input type="checkbox"/> When I am upset with others, I know this is about me, and I take responsibility for my role in the problem.</p>	<p><input type="checkbox"/> I have a local and global network which pulls me in the direction of my ultimate life.</p> <p><input type="checkbox"/> I have a great mastermind group, and I leverage this group so that I learn and grow.</p> <p><input type="checkbox"/> I am only 3 people or less away from the people I most want to know in life.</p> <p><input type="checkbox"/> My website and marketing collateral are a true reflection of my authentic self.</p> <p><input type="checkbox"/> My career provides me with wonderful opportunities to network with great people from around the world.</p> <p><input type="checkbox"/> I can put my hands on any information I need in less than 30 minutes, because I use my network to help me quickly find the information I need and want.</p> <p><input type="checkbox"/> My network is diverse and includes both men and women from all ages and a variety of cultures, industries and walks of life.</p> <p><input type="checkbox"/> Networking inspires me and brings me great joy.</p> <p><input type="checkbox"/> I can network effectively in most environments, because I am well read, worldly and versed on a variety of topics, local, national and international. I can carry on a great conversation with anyone on just about any topic.</p> <p><input type="checkbox"/> My network is filled with "Go-Givers" not "Go-Getters".</p>
*****	*****	*****
Spiritual: Total Number of Points: _____	Relationships: Total Number of Points: _____	Network: Total Number of Points: _____

Financial	Physical	Nature
<p><input type="checkbox"/> My financial situation allows me to be at choice in my life. My decisions are not controlled by money.</p> <p><input type="checkbox"/> If I chose to retire today, I would have more than enough money to live the rest of my life according to my choosing.</p> <p><input type="checkbox"/> I have no credit card debt.</p> <p><input type="checkbox"/> I understand money and finances, and I know how to manage my money and finances so that I am financially successful.</p> <p><input type="checkbox"/> I am able to attract all the money I need to live my ultimate life. Money circulates freely throughout my life.</p> <p><input type="checkbox"/> I leverage the money I make through smart investments.</p> <p><input type="checkbox"/> I can live a life of my choosing on 50-75% of my income.</p> <p><input type="checkbox"/> I have immediate access to all reports I need – P&L, Cash Flow Report, Credit Report, etc.</p> <p><input type="checkbox"/> I have top notch financial advisors who I call upon regularly for direction, and I trust them completely.</p> <p><input type="checkbox"/> I have medical, auto and disability insurance.</p>	<p><input type="checkbox"/> My physical environment is friction free.</p> <p><input type="checkbox"/> My physical environment is clean, clutter free and simple.</p> <p><input type="checkbox"/> My equipment is in top shape, works great and is high speed</p> <p><input type="checkbox"/> I am surrounded by a home, furnishings and accents that are beautiful, inspire me and bring me joy.</p> <p><input type="checkbox"/> My physical space is a bold expression of my true authentic self.</p> <p><input type="checkbox"/> My home is welcoming to others.</p> <p><input type="checkbox"/> The colors in my home and office inspire me.</p> <p><input type="checkbox"/> I know where everything is in my home and office, and I can put my hands on what I need in less than one minute.</p> <p><input type="checkbox"/> My home and office are both beautiful and comfortable.</p> <p><input type="checkbox"/> My physical environment is toxin free.</p>	<p><input type="checkbox"/> I use nature as a source of inspiration and to recalibrate my body, mind and spirit.</p> <p><input type="checkbox"/> I live in the geographical location of my choice.</p> <p><input type="checkbox"/> The location I live in allows me to live the life of my choosing (if you love surfing, you are near the ocean; if you love skiing, you have easy access to the ski slopes; if you love to golf year round, you live in a climate that is warm year-round).</p> <p><input type="checkbox"/> I feel a connection to the invisible threads of nature.</p> <p><input type="checkbox"/> I contribute to building sustainable environments for the future. I recycle, and I don't waste resources.</p> <p><input type="checkbox"/> My natural surroundings (including the weather and the beauty in nature) support me in living a happy, healthy, wealthy life.</p> <p><input type="checkbox"/> The whole world is my sanctuary.</p> <p><input type="checkbox"/> My yard and natural surroundings are in tip-top shape. They are beautifully landscaped and manicured.</p> <p><input type="checkbox"/> The city and neighborhood I live in is safe.</p> <p><input type="checkbox"/> The sights, sounds and smells in nature add energy to my life.</p>

Financial: Total Number of Points: _____

Physical: Total Number of Points: _____

Nature: Total Number of Points: _____

Total Points: _____

Remember to give yourself 10 points just for taking the assessment!