



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

Memetic	Body	Self
<p>___ I am at choice with my beliefs. I don't accept a belief simply because someone hands it to me.</p> <p>___ I understand that my beliefs, both past and present, have served me in some positive way.</p> <p>___ My present day belief system is designed to support my evolution.</p> <p>___ 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>___ I am quickly able to filter out information and beliefs that do not support my growth.</p> <p>___ 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>___ Information flows freely, in and out of my life. Information does not "get stuck" in my inbox or on my desk.</p> <p>___ I live easily with paradox.</p> <p>___ I am comfortable with stretching beyond my own self imposed constraints and against popular opinion in order to learn and grow.</p> <p>___ 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>	<p>___ I have an abundance of energy</p> <p>___ I exercise regularly (at least 4x/week)</p> <p>___ I have had both a dental and physical exam in the last 12 months</p> <p>___ My health is not a burden on anyone</p> <p>___ I get the sleep I need to be fully engaged in life</p> <p>___ I eat to nourish my body. I don't live to eat or to relieve stress.</p> <p>___ My hair, clothing, eyeglasses, and accessories are hip and authentic for me</p> <p>___ My body and physical appearance are an inspiration to other people.</p> <p>___ My weight is healthy for me, and I am comfortable with my weight.</p> <p>___ I don't drink excess caffeine or alcohol.</p>	<p>___ 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>___ I am emotionally mature.</p> <p>___ I know my assets (my strengths, talents and skills), and I leverage them each day for my success.</p> <p>___ I am confident, and I have a positive self image.</p> <p>___ I can laugh at myself.</p> <p>___ I live authentically.</p> <p>___ 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>___ My life is an inspiration to others.</p> <p>___ I don't procrastinate.</p> <p>___ I have strong boundaries in my life, and I honor those boundaries so that I live at my peak potential.</p>
<p>*****</p> <p>Memetic: Total Number of Points: _____</p>	<p>*****</p> <p>Body: Total Number of Points: _____</p>	<p>*****</p> <p>Self: Total Number of Points: _____</p>

Spiritual	Relationships	Network
<p>___ I have a relationship with a higher power.</p> <p>___ I feel very connected to each human being and to nature.</p> <p>___ I understand that love is the source of my connection to all living and spiritual beings.</p> <p>___ I am connected to my own spiritual intuition.</p> <p>___ I belong to a spiritual community that is right for me and that allows me to grow and evolve.</p> <p>___ I don't force my beliefs on others. Even though I might disagree, I respect other people's spiritual beliefs.</p> <p>___ I am committed to a daily spiritual practice.</p> <p>___ I live with abundance each day (an abundance of happiness, health, wealth, love, energy and spiritual fulfillment)</p> <p>___ I know how to "get in the zone".</p> <p>___ I practice servant leadership, giving of my time and talents to others.</p>	<p>___ I don't have any unresolved issues with the people in my life.</p> <p>___ My relationships are built on honesty, trust and mutual respect.</p> <p>___ I have a passionate relationship with a romantic partner, and I have healthy sex with my partner.</p> <p>___ 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>___ 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>___ I don't gossip.</p> <p>___ I am comfortable being my true authentic self around the people in my life.</p> <p>___ I give and receive love freely in my life.</p> <p>___ I have fun and laugh with the people in my life.</p> <p>___ When I am upset with others, I know this is about me, and I take responsibility for my role in the problem.</p>	<p>___ I have a local and global network which pulls me in the direction of my ultimate life.</p> <p>___ I have a great mastermind group, and I leverage this group so that I learn and grow.</p> <p>___ I am only 3 people or less away from the people I most want to know in life.</p> <p>___ My website and marketing collateral are a true reflection of my authentic self.</p> <p>___ My career provides me with wonderful opportunities to network with great people from around the world.</p> <p>___ 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>___ 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>___ Networking inspires me and brings me great joy.</p> <p>___ 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>___ My network is filled with "Go-Givers" not "Go-Getters".</p>
<p>*****</p> <p>Spiritual: Total Number of Points: ____</p>	<p>*****</p> <p>Relationships: Total Number of Points: ____</p>	<p>*****</p> <p>Network: Total Number of Points: ____</p>

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

Total Points: _____

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