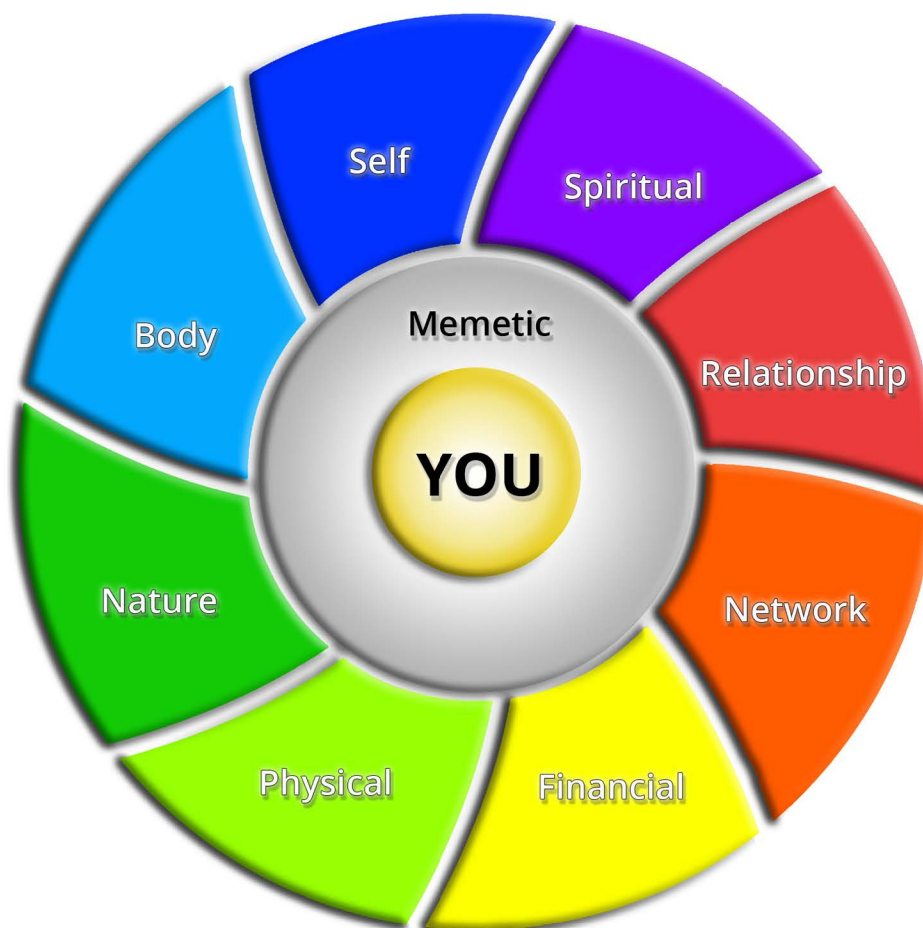




9 ENVIRONMENTS

THE 9 ENVIRONMENTS OF YOU



The following is a description of the above environments:

You

The core of you that is unchanging

Memetic

Beliefs, Ideas, Knowledge, Cultural Norms, Frameworks

Body

Physical body, Health, Energy

Self

Personality, Gifts, Talents, Strengths, Emotions

Spiritual

Connection to a Higher Source, Love and Self

Relationships

Family, Friends, Close Colleagues, Support Personnel

Network

Community, Strategic Partners, Customers

Financial

Money, Investments, Budgeting, Insurance

Physical

Home, Office, Furnishings, Equipment/Technology

Nature

Outdoors, Beauty, Seasons, Cycle of Life



9 ENVIRONMENTS

THE 9 ENVIRONMENTS OF YOU

FINANCIAL

- ___ My financial situation allows me to be a choice in my life; my decisions are not controlled by money.
- ___ If I choose to retire today, I would have more than enough money to live the rest of my life according to my choosing.
- ___ I have no credit card debt.
- ___ I understand money and finances, and I know how to manage my money and finances so I am financially successful.
- ___ I am able to attract all the money I need to live my ultimate life. Money circulates freely throughout my life.
- ___ I leverage the money I made through smart investments.
- ___ I can live a life of my choosing on 50 to 75% of my income.
- ___ I have immediate access to all reports I need: profit and loss, cash flow report, credit card report and so on.
- ___ I have top-notch financial advisors who I call upon regularly for direction and I trust them completely.
- ___ I have medical, auto and disability insurance.

FINANCIAL

Total # of Points

PHYSICAL

- ___ My physical environment is friction free.
- ___ My physical environment is clean, free and simple.
- ___ My equipment is in top shape, works great and is high-speed.
- ___ I am surrounded by home furnishings and accents that are beautiful, and that inspire me and bring me joy.
- ___ My physical Space is a bold expression of myself.
- ___ My home is welcoming to others.
- ___ The colors in my home and office inspire me.
- ___ I know where everything is located in my home and office, and I can put my hands on what I need in less than one minute.
- ___ My home and office are both beautiful and comfortable.
- ___ My physical environment is free from toxins.

PHYSICAL

Total # of Points

NATURE

- ___ I use nature as a source of my inspiration and to recalibrate my body, mind and spirit.
- ___ I live in the geographical location of my choice.
- ___ The location I live in allows me to live the life of my choosing. (example if you love surfing, you're near the ocean; if you love skiing, you have easy access to the ski slopes; if you love golfing, you live in a climate that has warm weather year around)
- ___ I feel a connection to the invisible thread to nature. I contribute to building a sustainable environment for the future. I recycle and I don't waste resources.
- ___ My natural surroundings, including the weather and the beauty of nature, support me in living a life full of fun, fitness and fortune.
- ___ The world is my sanctuary.
- ___ My yard and natural surroundings are in tiptop shape. They are beautifully landscaped and manicured.
- ___ The city and neighborhood I live in are safe.
- ___ The sights, sounds and smells in nature are energy to my life.
- ___ I have adequate plants inside my home/office to add oxygen and remove toxins.

NATURE

Total # of Points



9 ENVIRONMENTS

THE 9 ENVIRONMENTS OF YOU

SPIRITUAL

- ___ I have a good relationship with my higher source.
- ___ I feel very connected to every human being and to nature.
- ___ I understand how love is the source of my connection to all beings.
- ___ I practice, and am connected to, my own spiritual intuition.
- ___ I belong to a spiritual community that is a fit for me and allows me to grow and evolve.
- ___ I choose not to force my beliefs on others. Though I might disagree, I still respect other people's spiritual beliefs.
- ___ I am committed to a daily spiritual practice.
- ___ I align with abundance each day in fun, fitness, fortune, love, energy and spiritual fulfillment.
- ___ I know how to find the sweet spot of my greatest and easiest productivity.
- ___ I practice intentional servant leadership, giving up my time and talents to others without recognition.

SPIRITUAL

Total # of Points

RELATIONSHIPS

- ___ Any issues I have with people in my life are resolved.
- ___ My relationships are built on honesty, trust and respect.
- ___ I am passionate with a romantic partner, and have healthy sex with my partner.
- ___ My relationships in my life are not damaging or draining. People in my life inspire and support me and pull me forward in the direction of fun, fitness and fortune.
- ___ People that I spend my time with are living a life of fun, fitness, and fortune and they bring out the same in me.
- ___ I do not talk about others when they are not in the same room.
- ___ I am easily comfortable being my true authentic self around people.
- ___ I am able to give and receive love freely.
- ___ I enjoy having fun and laughing with the people.
- ___ When I am upset, I know this is about myself and take responsibility for my roles in this circumstance.

RELATIONSHIPS

Total # of Points

NETWORK

- ___ I have both a local and/or global network pulling me in the direction of my dreams.
- ___ I participate in a great mastermind group and I leverage the connections so that I learn and grow.
- ___ I am only three people or less away from the people I most want to know in life.
- ___ My website and marketing collateral are a true reflection of my authentic self.
- ___ My career provides me with wonderful opportunities to network with great people from around the world.
- ___ 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 information I need and want.
- ___ My network is diverse and includes both men and women from all ages and a variety of cultures, industries and walks of life.
- ___ I can work effectively in most environments because I am a well read, worldly and well versed on a variety of topics locally, nationally and internationally. I can carry-on a great conversation with anyone on just about any topic.
- ___ My network is inspiring; filled with go-getters and brings me great joy.
- ___ I leverage social networks online and in person.

NETWORK

Total # of Points



9 ENVIRONMENTS

THE 9 ENVIRONMENTS OF YOU

MEMETIC

- ___ I have consciously looked at my beliefs in all areas of my life and choose to follow the beliefs that best serve me in living my true mission in life.
- ___ I have a high level of Self Awareness around my thoughts, feeling and beliefs.
- ___ My present day belief system is designed to support my evolution.
- ___ I challenge what I currently know and I am open to changing my beliefs to ones that support my future
- ___ I am quickly able to filter out information and beliefs that do not support my growth.
- ___ I look for new ways to self manage and increase my level of Emotional Intelligence.
- ___ Information flows freely in and out of my life. Information does not get in my inbox or on my desk.
- ___ I am willing to, and proactively do, stretch beyond my own self-imposed constraints and against popular opinion in order to learn and grow.
- ___ I limit the amount of time I watch television to five hours per week and I only watch programs which contribute to my fun, fitness and fortune.
- ___ I find ways to increase the level of emotional intelligence proactively and am able to self manage my thoughts while I move purposefully toward my goals.

MEMETIC

Total # of Points

BODY

- ___ I have good abundance of energy.
- ___ I exercise daily or at least four times a week.
- ___ I have had a dental and physical exam in the last 12 months.
- ___ My health does not present a burden on anyone.
- ___ I am able to get the sleep I need to be fully engaged in life.
- ___ I eat food to nourish my body; I don't live to eat or eat to relieve stress.
- ___ My hair, clothing, eyeglasses, and accessories are authentic for my style.
- ___ My body and physical appearance are attractive to me and other people.
- ___ Based on science and expert opinion, my weight is at a good and healthy level for me. I am proud and happy with my weight.
- ___ I make it a point not to drink excessive caffeine or alcohol.

BODY

Total # of Points

SELF

- ___ I am highly aware of my self talk, positive and negative, and I leverage myself self talk to become balanced.
- ___ I am emotionally mature and balanced.
- ___ I know my personal assets, strengths, talents and skills and leverage them each day.
- ___ I am confident and I have a positive self image.
- ___ I am able to easily laugh at myself.
- ___ I live each day authentically.
- ___ I take full responsibility for my choices in life. When I make a mistake, I don't blame others, justify it or rationalize my actions.
- ___ My life has become an inspiration to others.
- ___ I don't procrastinate or put off important action.
- ___ I have strong boundaries in my life and I honor them so that I live my life at my optimum potential.

SELF

Total # of Points