

Environments Action Sheets Workbook



Action Sheets Instructions:

It's your job to design positive environments that support you in playing at your best. Take a look at the people you surround yourself with and the environments you've designed. Do these environments as a whole get you to focus on the areas that you are doing well in or do they constantly remind you of what you are doing wrong? Remember, Life is a Team Sport. Do you have fans and teammates that are cheering you on or constantly booing you or bringing up your shortcomings?

Before working through this Nine Environment Action Packet you should have:

1. Watched, listened to or read the transcripts in the Quick Start Kit
2. Completed the Ultimate Life Assessment

Go to a luxurious environment and think ahead regarding your goals, dreams and aspirations in each of the 9 environments for the upcoming day, month, quarter and year as if you had already lived that time period. This action packet will help you to design the proper environments to support you in effortlessly achieving those goals.

Memetics (Memes)

Your **Memetics Environment** is the core of you that is unchanging. This environment includes your beliefs, paradigms and world views. These are the thoughts we continue to have over and over. A positive memetic will allow you to see the other environments in a positive light full of opportunity. Fill in the questions below to help you understand the current impact of your **Memetics Environment** and thus how you can upgrade your **Memetics Environment**.

Example Areas Include:

Information Inflow – TV, Radio	Blogs / Internet Views	Beliefs, Ideas, Concepts
Choices / Decisions	Acceptance of New Beliefs	Habits Developed & Overcome

Based on results of your Ultimate Life Assessment, which areas in your **Memetics Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Memetics Environment** DO NOT support your goals?

Which areas in your **Memetics Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Memetics Environment**, what **THREE** specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

Memetics

Physical

Financial

Network

Relationships

Body

Self

Spiritual

Nature

Physical

Your **Physical Environment** is one of the easiest for people to adjust and you'll see immediate results when you start making changes. Your **Physical Environment** is your home, your office, your possessions – anything that is tangible that you can touch.

Example Areas Include:

Home	Office	Possessions
Decluttering	Wardrobe	Transportation

Based on results of your Ultimate Life Assessment, which areas in your **Physical Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Physical Environment** DO NOT support your goals?

Which areas in your **Physical Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Physical Environment**, what THREE specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

Financial

Your **Financial Environment** is something that runs through most people's lives no matter where you are in the world - whether it's through currency or through barter or exchange. But almost every human in some way, shape, or form uses the **Financial Environment** in their life. Your **Financial Environment** has to do with not only money and what kind of currency you have and what part of the world you live in, but it also has to do with what support and structure and systems do you have in place.

Example Areas Include:

Cashflow Creation, Management and Investing	Business Milestones and Progress	Leadership Success
New Technologies Learned/Used	Delegation & Management	

Based on results of your Ultimate Life Assessment, which areas in your **Financial Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Financial Environment** DO NOT support your goals?

Which areas in your **Financial Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Financial Environment**, what **THREE** specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

Network

Your **Network Environment** consists of the impact your network is having on you and the networks you interact with. So the question to ask yourself is, is your network still of value to you and are you providing value to the network? Your **Network Environment** should be designed to be a part of where you're headed in the future and not a piece of your past.

Example Areas Include:

Business Relationship – New & Old	Team	Groups & Associations you belong to
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Based on results of your Ultimate Life Assessment, which areas in your **Network Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Network Environment** DO NOT support your goals?

Which areas in your **Network Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Network Environment**, what THREE specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

- Memetics
- Physical
- Financial
- Network
- Relationships
- Body
- Self
- Spiritual
- Nature

Relationships

Your **Relationship Environment** can be a place of inspiration, of love, connection, of joy, of true intimacy or it can be a part of your life where you struggle. Look at the top five people in your **Relationship Environment** that you invest the most time around, and ask yourself what is the impact you're having on them and they're having on you?

Example Areas Include:

Personal Relationships – new & old	Family, Friends & Colleagues	Standards
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Based on results of your Ultimate Life Assessment, which areas in your **Relationship Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Relationship Environment** DO NOT support your goals?

Which areas in your **Relationship Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Relationship Environment**, what THREE specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

Body

Your **Body Environment** is made up of not just the outside of what you see, your hair, your skin, your eyes, your nails, all this, but it's also made up of your inside. It's made up of your skeleton, your tissues, your organs, your blood, your veins, all the way down to your DNA. If you understand your **Body Environment**, you can design that environment and the rest of the environments to make you feel a certain way.

Example Areas Include:

Health & Fitness	Diet & Nutrition	Gain/Lose Weight
Health Events attended	Changes to Health Team	

Based on results of your Ultimate Life Assessment, which areas in your **Body Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Body Environment** DO NOT support your goals?

Which areas in your **Body Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Body Environment**, what THREE specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

Memetics

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Self

Your **Self Environment** is an intangible environment and it's kind of like the wind. You know, you can see the effects of the wind blowing through the trees but you can't actually see wind. The **Self Environment** is one that oftentimes eludes people because you can't see it but if you start to study who you are, if you study your strengths, your gifts, your talents, if you've ever done any work to identify what is your vision, your mission, and your purpose, these are all part of the **Self Environment**.

Example Areas Include:

Self Image / Identity	Strengths, Skills & Talents	Take Responsibility
Boundaries with self & others	Attracting new & higher quality people in your life	Letting go of anything you were holding on to

Based on results of your Ultimate Life Assessment, which areas in your **Self Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Self Environment** DO NOT support your goals?

Which areas in your **Self Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Self Environment**, what THREE specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year

Memetics

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Spiritual

The **Spiritual Environment** is a connection to a higher source. Some people call it God, energy, source, divine, or Holy Spirit. These titles are what we use to describe a non-tangible experience. In the **Spiritual Environment**, you'll also notice we bring in other environments like the Physical Environment. When you think of spiritual and physical together, you may think of symbols such as a cross, mosque, synagogue or church. They're ways to remind people to focus on that higher connection, that source, or that energy.

Example Areas Include:

Connected to a Higher Power	Spiritual Community	Practices / Rituals
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Based on results of your Ultimate Life Assessment, which areas in your **Spiritual Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Spiritual Environment** DO NOT support your goals?

Which areas in your **Spiritual Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Spiritual Environment**, what THREE specific actions or results can you accomplish?

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Memetics

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Nature

The **Nature Environment** is one of the most important environments and it's often overlooked. It has all kinds of reminders of its importance and what it does to our body environment, how it impacts our relationships, and, of course, now we're seeing the impact of nature on finances. Depending on what part of the world you live in, you are affected emotionally by things like access to fresh water, air, and sunlight. The **Nature Environment** is one of the best ways to reconnect and reground the body.

Example Areas Include:

Time in Nature	Geographical Location	Outdoor Activities
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Based on results of your Ultimate Life Assessment, which areas in your **Nature Environment** support your goals?

Based on results of your Ultimate Life Assessment, which areas in your **Nature Environment** DO NOT support your goals?

Which areas in your **Nature Environment** *INSPIRE* you? Which areas *EXPIRE* you?

To upgrade your **Nature Environment**, what **THREE** specific actions or results can you accomplish?

24 Hours	Week	Month	Quarter	Year