



The 9 Environments Of You



A Snapshot of the Environments

The following is a description of the above environments:

You

The core of you that is unchanging.

Memetic

Beliefs, Ideas, Knowledge, Cultural Norms.

Body

Physical body, Health, Energy.

Self

Personality, Gifts, Talents, Strengths, Emotions.

Spiritual

Connection a Higher Source, Love and Self.

Relationships

Family, Friends, Close colleagues, Support network.

Network

Community, Strategic Partners, Customers.

Financial

Money, Investments, Budgeting, Insurance.

Physical

Home, Office, Furnishings, Equipment / Technology.

Nature

Outdoors, Beauty, Seasons, Cycle of life.



INTRODUCTION TO THE 9 ENVIRONMENTS

Hi. Jim Bunch, founder of the Ultimate Game of Life, and I'm glad that you found this because I'm about to introduce you to something that I believe is one of the most powerful concepts to help you transform your life.

Now I say that because one of my mentors, a gentleman by the name of Thomas Leonard, introduced this to me many years ago and he helped me understand one thing that has helped me help thousands of people across the world create their ultimate life.

What am I talking about?

I'm talking specifically about a concept called "The Nine Environments of You".

Now as humans, we are impacted and surrounded by environments 24 hours a day/7 days a week. But most people are unaware of the impact that those environments are having on our ability to create wealth, on our ability to have health, and our ability to ultimately be happy.

You see people make a lot of short term changes. You see people who make new years resolutions yet 20 to 30 days later they're not achieving them. You see people who invest thousands of dollars to go to seminars and they buy books and tapes but they're not achieving the results 30, 60, 90 days later.

For many years I was confused as to why this happens.

How is it somebody can go in and have open heart surgery and then come back out and begin to eat the bad foods that got them to have the heart surgery in the first place?

Why is it?

When I was talking with one of my mentors, Thomas, he shared with me this little secret that we want to share with you. This concept called The Nine Environments helped me understand why people either change or they stay stuck in their patterns for their whole lives.

In the next nine chapters I'm going to give you an introduction to each of these nine environments and we're going to allow you to start to take a look at how these environments are either creating happiness, health, and wealth or potentially helping you be unhappy, sick, or broke.



And although this is a very simple and easy to get concept, it's very deep. And as we've shared this with thousands of people around the world, what they've told us is this one concept has helped them redesign their lives, to create their ultimate lives, to start associating with people that inspire them instead of expire them.

So I want to challenge you right now to go ahead and jump in. There's no charge to you. It's our way to give back. And inside these chapters you're going to start to look at your life completely differently and understand what it takes for you to start to design and live your ultimate life.

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ENVIRONMENT #1 - MEMETICS

Welcome to the environment called "Memetics."

Now, for many people, they don't know what memetics means, but it stands for memes, M-E-M-E-S. And "memes" are beliefs, are paradigms, are world views. They're the thoughts that we have that we continue to have over, and over and over.

And of course, the cool thing about this environment is when you have a positive memetic, or a positive belief-system, you will look at the other environments as being positive. You'll recognize opportunities in life. You'll see the good in people. You'll see ways to contribute.

But, if you've been raised in an environment where you were given unhealthy memetics—things that show you how nothing is going to work out right, how everything is a struggle, how life is hard, how people are not good and they're going to take from you—if that's your memetics, those are the filters through which you see the rest of the world.

There's some amazing new technology and research now that is showing that our neuro-connections, in other words, the pathways in the brains, which is what identifies our belief systems, can actually change no matter how old we are.

What this means is that the old software that we've been thinking through for the last 10-20-30-40 years can be upgraded. You can upgrade your belief systems. And you can upgrade all of your reality based on your memetics.

Now there's a little phrase that I like to share with people—and this one may throw you for a little loop, but listen closely...

"An unquestioned belief is a guaranteed reality."

Now ask yourself, "What does that mean?"

It means that if you continue to believe everything that you've always believed, you're going to continue to get the results you've always produced in your finances, in your health, in your relationships, in your spiritual environments, in yourself, in your network, in nature.



But, when you shift those beliefs, when you begin to question your old paradigms, when you begin to question your old beliefs, you are literally rewriting your future by redesigning your thoughts.

Think of your memetics as the filters through which you see the rest of the world and imagine for a moment that you have three sets of glasses or sunglasses: let's say that one set is red, one is yellow and one is green. And anytime you put on those red sunglasses, you see everything wrong with those environments. Every time you put on the yellow sunglasses, you see the good and the bad. And every time you put on the green, you see all the opportunity, all the positive things in your environments.

Now if you were in control of those glasses, or those filters, you would change them according to what you wanted to see.

But often times, people put on the red sunglasses their whole life. They never see how life can work. They identify all of the problems and all the mistakes in their life and everybody else's. Unfortunately, that gives them an experience that they often times don't enjoy.

But if you learn how to put on the green glasses where you can see opportunity, you can see how to upgrade your environments, you can see the good in people, you can see how, no matter what's happening in the world, there is always opportunity to create wealth in abundance of health for you and other people, then you will live your life that way.

So memetics, although intangible—you can't see 'em, hear 'em, smell 'em, taste 'em or touch 'em—they cast a shadow on all the other environments.

You can upgrade your memetics through different types of affirmations, or vision boards or being a part of positive support groups. You can also use things that are more high-tech like subliminal programming affirmations that will literally reprogram and rewire your subconscious mind.

You see, I've heard that 94 to 96% of all of our results we produce in life is a byproduct of our subconscious mind. So, the question to ask yourself now is, "Is what I believe producing the results that I'm having in the rest of my areas of my life and, if so, can I change them?"

I know that you can if you put the right environments in place, you can literally reprogram your thinking and begin to win the inner game of life. So, take note of your belief systems and the results that it's producing in your life, and put in place the proper environments to start upgrading your mental software.



ENVIRONMENT #2 - PHYSICAL

Hi. Welcome to the environment called “Physical”.

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

And if you look at your home for example, ask yourself this question – do you have a home that is clear and clean in space or is it one that’s filled with clutter and confusion and chaos? And when you have those two different environments how do you feel in each of those environments?

So today, what I want you to do is to walk around and take inventory of your physical environment. Look at your bedroom, look at your closets, look at your office if you have one in your home, look at your kitchen, look under your sink, look every single place in your home and ask yourself - “What is the purpose of this environment?”

You know when you go around people’s homes you see all kinds of different things. Sometimes you’ll see some areas are really nice and clean. Other areas are going to be cluttered and oftentimes that clutter can tell us something about that person’s inner game if you will.

So ask yourself this question:

“Do the things in my physical environment inspire me? Or expire me?”

In other words, “Do they add energy to me or do they drain energy? Are they reminding me of my future or are they holding me in my past?”

You know oftentimes you’ll see people that have knickknacks or photographs that are 10, 20, 30, 40 years old and what they’re really trying to do is to use the physical environment to keep a memory in their present. And that’s okay if you’re doing it by design instead of by default.

But what happens is oftentimes people don’t upgrade their physical environment and they end up trying to use willpower to reach their goals instead of crafting the environments.

So what a lot of times people do is they end up crafting or designing environments where they didn’t



think through it, the just put stuff in place, and that ends up controlling the way that they think, feel, and act.

So I'd encourage you to walk into every room in your home, take a look at your office, and ask yourself: "What is the purpose and the impact of each of these things?"

You know, one of the other parallels to draw here too is the physical environment affects other things like your body environment. So if you're in an office for example and you put your physical body into an office environment that has fluorescent lights and computer screens and concrete floors and a sit down chair, ask yourself this simple question – what's the impact on your body environment?

In other words, how does that impact your feelings?

How does it impact your energy?

How does it impact your thoughts on a day to day basis?

Have you designed your physical environment to help you stay focused or does it keep you in chaos and confusion?

Does it laser beam you in or does it keep you in constant multitasking?

You see most people don't really look in detail at the impact that their physical environment is having on them but almost all of us have had an experience where we have changed something in a physical environment.

So one simple example is to go down into a closet, and we've all had this experience where you've taken clothes out of your closet that you haven't worn in six months or six years or six decades at some points. And the moment you clean that clutter out of the closet, you donate those clothes or you recycle them or you simply throw them away, what happens to you?

You start to feel differently instantly and a lot of times people say that after cleaning out a closet mentally they're more clear. That's because clutter creates confusion in our lives and in our businesses and in our homes.

And what I would encourage you to do is to take a look at where do you have clutter in your house. Where do you have things that are not a part of your future, they're just reminders of your past? Ask



yourself that question and say do I have a block of energy somewhere with things that are not supporting me?

And what's interesting is as you look at the other nine environments you may realize that some of that clutter gets stored in a relationship environment like the master bedroom. Or some of that clutter might get stored in a financial environment like an office or in your filing cabinets. And oftentimes that's an indicator to things that are going on in the other environments.

Now you may have heard this already but all of these environments are connected. So when you look at your physical environment you can use it as a map for what's going on in all your other environments.

Now if you want to get down into details, start taking a look under cabinets. So for example, if you walk in and you look under your kitchen sink, do you have things that are green and organic and healthy for the environment or do you have things that are toxic? Do you have a lot of chemicals and poisons? You know this may seem like a subtle thing but if you're truly wanting to increase your health, wealth, and happiness... have you put things in your physical environment that add energy or things that are toxic and drain energy?

You know, oftentimes we'll see this in bathrooms and kitchen sinks – we'll see chemicals and drugs that are polluting not only *your* environment but the *rest* of the environment.

Fung Shi is actually the art and science of bringing in understanding at a whole different level of the energy that all the things create in your environments and physical is one that they focus on quite a bit.

You may have heard of Extreme Home Makeover examples where they come in and they completely redesign someone's home and as a result it changes their whole self image, it changes the way that they feel and think about themselves. And this is great if somebody did it by design and consciously.

If somebody else came in and did it for them that person may not feel comfortable in that environment and oftentimes you'll see them revert back to old patterns and behaviors.

Keep this in mind – your physical environment is the most dense energy of all of the environments.

What I mean specifically is that everything on this planet is made up of energy – carbon, hydrogen, oxygen, nitrogen – and that energy is in a constant state of movement. But the physical environment moves the slowest of all of the energies. It's the things that are hard, you can feel them, taste them,



touch them – like a desk or your body.

These are physical environments that are slower in energy. So oftentimes if people don't change or upgrade these they keep them stuck in patterns or habits. So take a look at how you've designed your physical environments.

Another thing that we see oftentimes now, especially here in the U.S., is people are using spaces for things that they weren't really designed for. So if you drive down the road and you notice that half your neighbors have their garage doors open, what do you typically see nowadays that you wouldn't have seen 30, 40, 50 years ago?

You don't see cars parked in there.

You see that people are using them as storage or they've turned them into additional bedrooms or things like that. And this is an indicator that the space and the clutter that people are creating may or may not be supporting them in the life that they want.

One other example is we often talk about offices because people want to create more wealth, they want to have more focus, they want to have more prosperity, and when you look at your office have you designed it to pull you into your goals?

In other words, are there things in your physical environment like a vision board that represent where you're headed or a whiteboard where you can keep your goals and your notes and your ideas?

How about your desk? Do you have a desk that when you sit down at it you feel more lethargic or do you have a standup desk so that you're sharper and have more energy throughout the day?

These are all little things that you can do to upgrade your environment in the physical space and it's one of the easiest of all the environments.

So my action for you today in this lesson is for you to number one, take inventory of your physical environments and ask yourself this real simple question – does this environment inspire me, in other words add energy, or does it expire me?

Just go around your home, your office, your car, all your possessions and take a quick inventory and put either a plus or a minus.



After you've done your inventory my next action step for you is to begin to change something immediately. Choose something that's simple.

It could be just get rid of two pieces of clothing that you no longer wear and see how you feel. If you're really gung ho and you want to go for it, maybe you change out all the chemicals under your sink from being toxic to green chemicals.

And if you really want to play a bigger game, maybe you start looking at a new location for you to live that really pulls you into a bigger game or a bigger future.



ENVIRONMENT #3 - FINANCIAL

Hi. Now welcome to the environment that most of you have probably wanted to dive into first called “financial”. Now financial 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.

You can look at different parts of the world and see finances. For example, Wall Street is *all about* finances and then you can see parts of the world that have very little impact by that kind of financial structure.

But let's take it down into your life and talk about the financial environment.

Finances 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.

So if you are an employee, for example, your finances might require a job and some kind of savings or insurance or benefits, things like that.

If you've started your own business then you may have to put that structure in place but it would also get more complicated as you add things like Quickbooks and CPAs and bookkeepers and advisors.

You see, your financial environment is dictated based on your goals and your outcomes and the lifestyle that you've designed. For many people they've designed one that supports them in leading their ultimate life. But for a lot of people they design their financial environment unconsciously and they continue to repeat the same patterns and habits over and over again.

One of our favorite phrases is: “Wealth is a team sport”.

So ask yourself this question - based on your goals and outcomes in the area of finances do you have the right team in place? Do you have a bookkeeper, a CPA, a financial adviser? Do you have insurance advisers? Do you have real estate advisers? You see, you're going to need to build your team which is part of your financial environment based on your personal goals and outcomes.

The other reminder that I want to make here is like all the rest of the other eight environments, finances also touches the memetic environments. What that means is is that we all have beliefs about our



finances. So if you can complete this sentence you know you have this belief.

Money doesn't grow on?...

Trees, right?

Money is the root of all?...

Evil. Okay?

If you could finish that, that means that your memetics are playing out somewhere in your finances. The cool thing about finances is that you can track the results by looking at certain things like your P&Ls or your assets and liabilities or your cash flow sheets. These are all part of the financial environment and what I'd encourage you to do is to ask yourself this question - if you're not reaching your financial goals is it because of beliefs or is it because of resources?

You see, if you understand that wealth is a team sport and you put the right people and resources in place, then you can create wealth no matter where you're starting.



ENVIRONMENT #4 - NETWORK

Now this environment is called the network environment and you may have heard this before but your net worth is related to your network. And what that means is the network environment is oftentimes impacting your financial environment.

Another way to say that is that money has species recognition. In other words, people who build businesses hang out with people who build businesses. People who work in jobs hang out with people who work in jobs. People who invest hang out with other investors. But people of different income classes oftentimes associate with people of those same income classes. This is why millionaires hang out with millionaires and billionaires hang out with billionaires.

So the question to ask yourself is, what is the impact that your network is having on you and what networks do you interact with?

You might be a part of an association or a group for your industry. You might be a part of a social network, like a Facebook or a MySpace or a social network that is specific to something you're trying to accomplish, like the Ultimate Game. You might also understand that your network might be smaller or more intimate networks like things like a mastermind group or an accountability partner.

These are networks and these networks impact your conversations and of course your relationships.

So the question to ask yourself is, is your network still of value to you and are you providing value to the network?

You know, I often hear of people who join certain associations or groups because they want to contribute and basically it's past the expiration date. In other words, they're still contributing to that, but they're not receiving value and they don't feel like they're contributing value.

So ask yourself, have you designed your networks to be a part of where you're headed in the future or are they still a piece of your past? And if they're still serving you and you're serving them, then that's fine.

Couple other things that you want to consider or ask yourself about your network is, number one, do you have a network that is diverse? In other words, it includes both men and women of all ages, varieties, cultures, industries, and walks of life, or do you have more of a closed network that keeps you



experiencing the same things over and over again?

How good are you at accessing resources in your network? Do you have the ability to call beyond just the people that you know intimately?

Have you developed the right self-image to give you the strength and the charisma and the skills to start talking to people that are three or four levels deep in your network?

And, ask yourself this question. Have you designed a network full of go-givers or go-takers? It's a subtle but important distinction for you to think about.

Does your network serve you and are you serving your network?

Also, what you want to do is, you want to take a look at the *energy* in that network. In other words, have you surrounded yourself with people who are positive and inspiring and moving ahead in their lives or have you built a network of people who are maybe slow or negative or they're draining or dragging you down? You'll know the moment you walk into that room whether that network inspires you or expires you.

And what I'd like you to do is consider that all of your networks are controlling not only your life experience but your financial experience and oftentimes, how your *body* is. And what I mean by that specifically is do you surround yourself with people who are in great shape, who are physically taking care of their bodies?

Have you surrounded yourself with people who are *conscious*, and talking about money, and how to create more value? Do you surround yourself with a network of people who support a positive, loving, inspiring relationship? Or do they get together and talk about what's wrong in their relationships, or why things aren't working, or make snide jokes about "men vs. women", or things like that?

It may seem like subtle things, but your NETWORK is related to your NET WORTH, and it has a major impact on your life. So take a quick snap shot at your mastermind groups, at your teams, at your associations, at the groups that you belong to. And ask yourself, are they *inspiring* me? Or are they *expiring* me?



ENVIRONMENT #5 - RELATIONSHIPS

Welcome to the environment called “*relationships*”. Now for many people relationships can be a place of inspiration, of love, connection, of joy, of true intimacy.

And for many people this can be a part of their life that they struggle with because relationships make up not only your primary person that you’re in relationship like your spouse or your lover or your soul mate, but it’s also going to make up the people that you’re closest to – the top five people that you invest the most time around.

And I want you to take a look at those relationships and ask yourself what is the impact that you’re having on them and they’re having on you?

Do you have conversations that inspire you, that pull you into a better you, or are you kind of stuck in status quo or worse are they taking you in the wrong direction?

You’re also going to look at relationships as things like your family. And family is a tricky subject for many people because they’re *blood*, they’re your *family*, they’re going to be in your life... *for the rest of your life*.

But the way that you interact with them will oftentimes create the dynamic called relationships. And if you have people who are in your relationship environment that you need to change your relationship with, it’s your responsibility to do so and do it consciously instead of non-consciously and reacting to the conversations that we have.

Another piece of relationships environments would be your pets and your colleagues – in other words people that you work with – because these are people or animals that we interact with on a day to day basis and they are part of our environments and we are, of course, part of theirs.

Now I say that this is one of the more difficult ones for people to start with when you begin to upgrade your environments because there’s this certain level of tact and skill and technique that’s necessary to be able to begin to upgrade these environments.

But once you do you’ll notice that when you have high quality relationships with the people that you love the most you’re going to feel more inspired about all the rest of your environments.



Most people have had this experience in the past where they've been in an unhealthy relationship, for whatever reason they chose to end that relationship, and all of a sudden they began to take care of other environments like their body, or their finances, or they change their networks.

And you see this often times when people go through a split up or a divorce. All of a sudden, all their couples relationships become single friends.

You see, as we begin to move and change and evolve through our environments, we begin to shift, and change, and alter, our relationships *with* those environments.

So, take a look at your relationship environments, ask yourself if these are bring yourself into a *bigger* you. If they're allowing you to express your self environment. If they're impacting your body environment in a positive way. If they're impacting your financial environment in a positive way.

And if they are, then you're doing great with your relationship environment.

If they're *not*, then you may need to start to craft or design your relationship environment to bring you into your ultimate life.



ENVIRONMENT #6 - BODY

Welcome to the environment called “*body*”. Now, this is the one thing every single human on the planet gets; we have no idea how long we get to keep it.

But here's the cool thing about the body.

If you understand the body environment, which 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.

You see the body environment is something that most people don't think of as an environment. They think that they *are* their body. And just like you have a mind but you're not your mind, you have a body and you're not your body.

And what's great about the body environment is that if you *understand* the one that you've been given, you can design that environment and the rest of the environments to make you feel a certain way.

So the question to ask yourself right now is does your body wake up every day without an alarm clock? Do you wake up with energy? Do you wake up calm, and centered, and peaceful or do you need an alarm clock that you hit eight or nine times and you wake up with this adrenaline rush right off the day.

You see, one of the things that most people don't consider is how you are operating this thing called the body. You know if you had a high end sports car there are certain things that you would put in that body to keep it running efficiently, Right?

You would put the highest fuel in there. You'd make sure you had the right tires on there. You'd make sure that the mechanics that worked on it were the best mechanics on the planet for that Ferrari or Lamborghini.

Well, most people treat their body like a *playground* instead of a *temple*, and what I want to encourage you to do in this lesson is to start to think about this body as one of the most powerful tools on the planet. It controls your life experience for much of your experience.

So what kind of foods are you putting into it? What kind of water are you putting in? Are you taking in the right kind of oxygen? Are you taking in pollutants?



Are you putting the best people around you like holistic and allopathic doctors? Do you have a nutritionist? Do you have a resource team that maintains this body so that it is at the best shape that it can be?

A lot of people spend money on their hair and nails and skin and massage but they won't take the time to get the research of what's going on *inside* the body.

In other words, do you have the information necessary to operate this machine at its highest potential? Because a lot of your other environments like your finances, your relationships, your connection with self are going to be dependent on how you treat this body environment.

So what I want you to do, is I want you to take an inventory of how your body is responding to the way that you treat it. Are you putting organic foods in it and if so does that fuel you in the way that you need to? Or are you putting in junk foods?

You know, when you walk over to the kitchen is your body naturally attracted to the refrigerator where there are live foods or is it drawn to the pantry where there is nothing but processed foods and chemicals?

You know what ever you put in to your body you own, so keep in mind that that material that you put in to it is constructing your future and all though you may get short term energy from thing like caffeine or candy or sugar, what happens is you end up with a negative energy exchange.

So what I'm going to challenge you to do in this is to - Number ONE, *get to know your body better*.

You know? A lot of people think that it's the doctor's job to understand our bodies and the truth is it's our job to understand this body and to use those resources that have mastered a certain area of medicine to help us make sure that our bodies stay in its best shape.

But what I don't want you to do is to outsource your health to somebody else. This is one of the environments that it's really important that you take responsibility for. Now you can use other resources to make sure that you're getting the things that you need, but I don't want you to think that it's the doctors job to keep you healthy.

The other piece that I want to stress here is to ask yourself what are the energy sources that you're running? Are you using adrenaline everyday or are you using clean sources of energy?



You see a lot of people have designed other environments, like their work, and their homes, and their relationships, and their finances to make them constantly have to operate off of adrenaline.

What I want to encourage you to do is to ask yourself, the energy sources that I use right now, are they clean and calm like high grade fuels or are they low energy sources that cause me to have a negative impact on the rest of my environments?

So take inventory of your body, look at the energy levels that you run, and begin to upgrade your environments to add more cleaner, healthier energy to your body so you can live your ultimate life.



ENVIRONMENT #7 - SELF

All right, now the *self* environment is an environment that we call an “intangible environment”. And what I mean by that is environments like body and physical, those are tangible. You can see them, hear them, smell them, taste them, and touch them. You know, they engage your five senses.

But the 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.

Well, 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.

And at The Ultimate Game we have been looking at what we call your inner architecture. You know, the intangible pieces that make up who you are on the inside.

What's so cool about the self environment is as you discover who you are, when you discover your strengths, gifts, talents, your passions, your purpose – the things that you are specifically meant to do, what I call your spiritual or soul's DNA, then you can design the rest of your environments to be in support of instead of in conflict of those things.

Now how do you know if your environments are in support of yourself?

Well, take a look at them.

Are you inspired when you're doing your work? Are you connected at a high level with spirit or with source? Do you feel like you have relationships around you that allow you to be who you are or do they hold you back so you have to repress who you really are?

You see the greatest gift in life for many people is to discover what their passions are, what is their purpose, and to spend their life expressing those passions and purpose. But a lot of people never make it to that place.

I want to encourage you to get to know yourself. Study YOU, like you would anything else in life so you can see, not how you fit in the world, but the rest of the world fits around you. There's tons of great assessments and tools to be able to do this and I want to encourage you to do things like your strength



finder test, or take your wealth profile, or the DISC assessments, or mergenetics, or the COLBY, or any of these assessments that give you a snapshot of who you are and what you'd be great at.

Once you know that then you can start to redesign the rest of the world around yourself. Now for many of you this could take years but it is the best investment that you could make is to learn about who you are and profile yourself.

So my challenge to you today is to take a look at your strengths, your gifts, your talents, start to identify your vision, you mission, your purpose... and bring into your life resources that will help you get clear on who you are and how to design the rest of your world to be in alignment with you.



ENVIRONMENT #8 - SPIRITUAL

Welcome to the next environment called *spiritual*. Now, spiritual is that connection to a higher source. Some people call it God, some call it energy, some call it source, some call it the divine, they call it the Holy Spirit, they call it all kinds of things.

And again, what we're doing is we're trying to describe a non-tangible experience. Now in the spiritual environment you'll also notice that we bring in other environments like the physical. So when you think of spiritual and physical together you might think of things like symbols. So what would be a symbol that would represent spiritual? It would be something like a cross. Right?

Somebody else might represent it as a mosque or a synagogue or a church. You see these are physical structures that represent the spiritual environment. They're ways to remind people to focus on that higher connection, that source, or that energy.

Now if you travel around the world you notice that there are billions of people on the planet and that these billions of people have a way of practicing their spiritual connection - that's called religion. So there are plenty of different religions and these religions are people that are getting together to practice or to worship a spiritual side of them and they gather typically with common beliefs.

We call these common beliefs memetics. So the moment that you have belief systems about spiritual, we call that religion. Okay?

So when you're looking at the spiritual environment, the question to ask yourself is:

Do you have things in your physical environment, do you have relationships, do you have a network like a community or a church group or a gathering that represents spiritual for you? Do you have something that reminds you to connect to source?

You know often times people find this through religious practice. They find it through helping their community. They'll find it through different exercises like yoga or meditation. Whatever it is that works for you, just ask yourself is are you committing the time and the energy to your spiritual environment *and* what is that giving you back in return?

You know oftentimes people say that when they're off track in life it's because they are not connected to



or in touch with a spiritual environment.

So I would encourage you to take a look at how do you invest time and energy into the spiritual environment and how does that give you energy back.

Does it make you feel more connected?

Do you become more present?

Do you practice more gratitude when you have more in your spiritual environment?

So although this is intangible you can bring in many tangible things to make this environment part of your daily experience.

My challenge to you, is to take a look at how you're investing your time and energy into spirit. And what is the return when you *do* have spiritual environments in place.



ENVIRONMENT #9 - NATURE

So, welcome to the nature environment.

And there is all kinds of reminders of the importance of nature 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. So, with nature we can look at it from a macro view down to a micro view.

Now, if you pull out to a macro view you're gonna see the earth and you might be looking at something like Google Earth, for example. If you never take any time to do it, it's fun to kind of spin the planet around, and to see how different parts of the world have different experiences of nature.

So, for example, if you're closer to the equator, you're gonna see that certain vegetation grows there that doesn't grow near the poles and vice versa.

Now. Why is this important?

Because there's 6.9 billion people on the planet, and we live in all these different relationships to nature. And what you'll notice is, is that around the planet there are different levels of health because of the oxygen, because of the water, because of the toxicity in the planet and how that impacts our bodies.

But, if you bring it down closer to your life experience, ask yourself this:

How does the outdoors affect you on a day-to-day basis? In other words, do you spend enough time outdoors to recharge the human body environment?

A lot of people don't know this but, in order for your body to be healthy you need to: number one, get enough sunlight that you create Vitamin D3 in the body. You also need to make sure that you're getting fresh oxygen into the body. So, depending on what part of the world you live in, if there is a lot of toxicity and pollutant, just keep in mind that that's going into your system and creating disease in your body.

So, nature is one of the most important environments and it's often overlooked.

One of the other things you can ask yourself is, depending on what part of the world you live in, how are you affected emotionally by things like access to fresh water, air, and sunlight?

It's also discussed that in certain parts of the world where they have limited amount of sunlight for long



periods of time, that people deal with emotional ups and downs like seasonal affective disorder. You know, we hear about this in places like Seattle or Alaska, and it's a real issue because our bodies work on a certain bio-rhythm, much like nature does.

So, ask yourself this question: How much time are you investing in nature? And when you are in nature how do you feel? Versus when you're not in nature, and you're under florescent lights or a lot of stress?

Nature is one of the best ways to reconnect and reground the body. And my challenge to you today, no matter where you live, is to go outside and take in some fresh air. Take off your shoes, if it's summer somewhere, and put your feet into the ground. Make sure that you're not on concrete, but you're on grass, or you're on a beach, and watch what happens to the way that your body feels.

It literally begins to recharge because your body needs to exchange what we call a negative ion exchange that gives you more energy, it helps your body feel better, and it, of course, will make you mentally and emotionally stronger.

So, take some time, go out in nature, and do it by design. Make sure that whether you're visiting a beach, or a park, or a mountain that you are using nature to help you in your journey called life.

One last tip is, when I'm setting goals, for example, I always go to somewhere that is inspiring to me, like a mountaintop. When I'm looking to relax, I like to go down to the beach where I'm laying on the sand or in the water to calm my body down.

You can use nature to control the way that you think, feel, and act, and to produce whatever result you're looking for in your life.