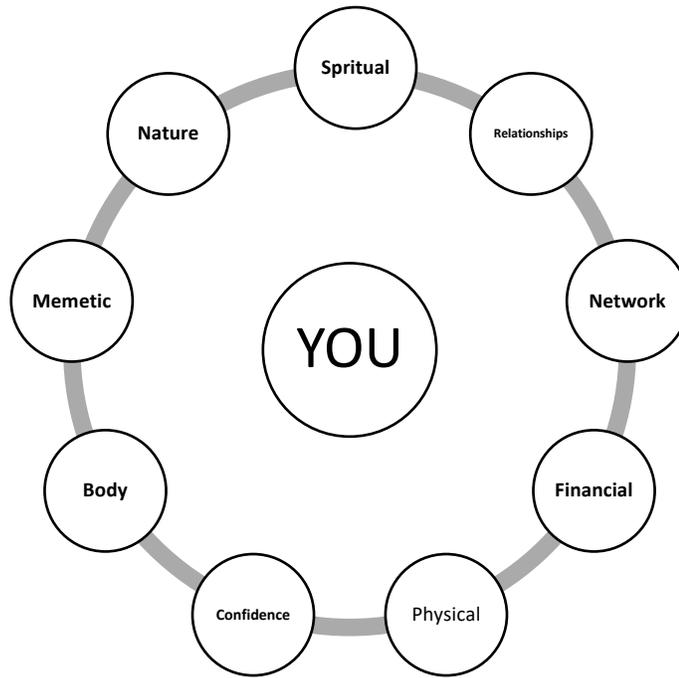


Scan of the 9 Environments

The goal of this self-assessment is to support you in raising your awareness around which environments might be creating a source of stress or struggle in your life. It is NOT to give your life a score of excellent, good, fair, or poor. Read each phase on pages 2-4 and place a check mark next to each phrase that you can answer YES to. If it is NO or MAYBE then leave it blank. Total up the number of checks in each environment and write that number on the circle below. You will have a number ranging from 1-10 in each segment on the graph.

Most people have one or more environments that could use some improvement, so connect with your coach to discuss how to improve your environments and begin to upgrade your life. Once your lower environments are improved, then there is a good chance the other environments will fall into place as a by-product because each of the environments impact each other. Enjoy the journey.



TOTALS OF THE ENVIRONMENTS

The following is a description of the environments:

YOU

The core of you that is unchanging.

Memetic

Beliefs, Ideas, Knowledge, Cultural Norms, Frameworks.

Body

Physical body, Health, Energy.

Confidence

Personal Gifts, Talents, Strengths, Emotions.

Physical

Home, Office, Furnishings, Equipment/Technology.

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.

Nature

Outdoors, Beauty, Seasons, Cycle of life.

Memetic

___ I am aware of my mental and emotional triggers from the past and I rarely over-react to them when people trigger them.

___ I choose to pay attention to thoughts and beliefs that serve me and let go of the rest.

___ My present day belief system is designed to support my evolution.

___ I live easily with paradox i.e.: a statement that is seemingly contradictory or opposed to common sense and yet is perhaps true.

___ I attend webinars, workshops, seminars, etc. to expand my mind and change my beliefs where necessary so I easily achieve my goals.

___ I consistently read 15-20 new pages in a book, blog or magazine article to contribute to my learning and growth.

___ I know how to differentiate from programmed thoughts in my subconscious vs. my present day beliefs.

___ I am comfortable with stretching beyond my own self-imposed constraints and against popular opinion in order to learn and grow.

___ I live a simple life vs. a complex life so I have energy to pursue my big passions.

___ I stand guard at the door of my mind and only allow information in that serves me.

Memetic _____

Total Number of Points

Body

___ I exercise 3-5 times a week.

___ I eat foods that are healthy and in alignment with my beliefs.

___ I drink half of my body weight in ounces of healthy water each day (weight 180 lbs = 90 ounces of water)

___ I am at my optimal/healthy weight and I have an abundance of energy to live a full life.

___ I protect my body adequately from toxins (I use non-toxic sunscreens, water filters for drinking and showering).

___ I move my body every 15 minutes, do adequate stretching & have great posture.

___ I detox frequently and safely (ex: herbal teas, cleanses, colonics, deep breathing, etc).

___ My body easily releases waste in the form of bowel movements. Regularly (within 3 hours of eating).

___ I get the right amount of sleep needed to wake up feeling refreshed and energized (7-8 hours suggested).

___ I have had both a dental and physical exam in the last 12 months.

___ I leverage experts who keep me up to speed on the latest high-quality health and beauty products that are optimal for my body.

Body: _____

Total Number of Points

Self-Confidence

___ I know my self-worth (my assets; strengths, talents and skills) and I leverage them for my success.

___ I know what my top 5 True-Values are and I have designed my life to express them.

___ I know my passions and my life purpose and am living them now (regardless of whether I get paid or not).

___ I understand my fears and use them to fuel my dreams.

___ I have clear boundaries that my relationships know, respect and I enforce.

___ I do not beat myself up over mistakes I make.

___ I express my 5 basic feelings openly in the moments to stay present (ex: Angry, Sad, Happy, Fear, Loss).

___ I have the ability to differentiate my authentic and my true self from my ego in each moment.

___ I take full responsibility for my choices in life. When I make a mistake, I don't blame others, justify or rationalize my actions.

___ My self-image is not completely ruined after taking this assessment.

Self-Confidence _____

Total Number of Points

Spiritual

- ___ I have a spiritual mentor/advisor.
- ___ I know how to get aligned with the present moment.
- ___ I am committed to a daily spiritual practice (physical/mental) that centers me. (ex. meditation, yoga, surfing, sports, gratitude for others).:
- ___ I have a relationship with a higher power.
- ___ I feel connected to all human beings and nature.
- ___ I respect others spiritual beliefs and I don't force my beliefs on others, even though I might disagree.
- ___ I have symbols in my environment that remind me of my spiritual beliefs.
- ___ I live with abundance each day (an abundance of happiness, health, wealth, love, energy and spiritual fulfillment).
- ___ I practice servant leadership, giving of my time and talents to others.
- ___ I belong to a spiritual community that resonates with me and allows me to grow and evolve.

Spiritual:

Total Number of Points _____

Relationships

- ___ I culturally can relate and build relationships with both younger and older generations.
- ___ I know culture today far exceeds race and religion. Due to technology it now includes many facets of people, (ex: careers, lifestyle, beliefs). I am aware of this deeper cultural perspective when building new relationships.
- ___ I have a passionate relationship with a romantic partner, and I have healthy sex with my partner.
- ___ I don't have relationships in my life that are demanding or depleting.
- ___ I have close relationships with people who play at the level of life I aspire to attain.
- ___ I am comfortable being my true authentic self around the people in my life.
- ___ When I am upset with others, I know this is about me, and I take responsibility for my role in the problem.
- ___ I have a coach/mentor that I meet/speak with regularly to help me expand and evolve.
- ___ I allow myself to love and be loved.
- ___ I can honestly express my feelings and I am transparent with my closest relationships.

Relationships:

Total Number of Points _____

Network

- ___ My network is diverse and includes both men and woman from all ages and a variety of cultures, industries and walks of life from around the globe.
- ___ I have access to a high level woman's or men's group I attend on a regular basis (weekly/monthly/yearly).
- ___ I have a great mastermind team and I leverage this team so I can learn and grow.
- ___ I am only 3 people or less away from people I most want to know in my life.
- ___ My career or passionate work life provides me with wonderful opportunities to network with great people from around the world.
- ___ I have access to the people, resources and information I need to help me quickly find whatever I need or want.
- ___ I leverage social networks online and in person i.e. Twitter, Facebook, LinkedIn and local networking groups.
- ___ I can network confidently in most environments, because I am well read, worldly and versed on a variety of topics, locally, nationally and internationally. I can carry on a great conversation with anyone on just about any topic.
- ___ I have a network of givers vs. takers.
- ___ I regularly outsource the tasks in a 9 environments that I'm not good at or do not enjoy.

Network:

Total Number of Points _____

Financial

___ I can pay all of my bills each month without going into debt/borrowing money/living off others.

___ I have no unsecured debt eg: credit cards, student loans, personal loans).

___ I have multiple sources of income (businesses, investments).

___ I understand money and finances, and I know how to manage them.

___ I have a wealth team of experts that I enjoy and can ask for guidance.

___ I leverage the money I make through smart investments.

___ I can live a life of my choosing on 50-75% of my income.

___ I have immediate access to all financial reports I need (Networth Report, investment statements, P&L's, Cash Flow Report, Credit Report).

___ I have adequate protection (medical, auto and disability insurance).

___ I have developed a passive income stream and I am not dependent on my job/career.

Financial:

Total Number of Points _____

Physical

___ I have access to physical environments outside the home and office that are designed to create the moods/emotions I enjoy: gym, library, jazz club, restaurants.

___ My home represents my visions of who I want to become.

___ All my equipment (phones, computers, copiers, etc). is in good shape, works great and is high speed.

___ My physical space is an honest expression of my true self (colors, sounds, furniture, artwork).

___ If someone walked into my physical space (car, office, home, bathroom) they would know without asking my passions, dreams, goals and things I love/enjoy e.g. vision boards, pictures, symbols, quotes.

___ 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.

___ My physical environments are eco-savvy (green vs. toxic chemicals, carpets, paints).

___ My physical environments are clean, clutter free and simple.

___ My home, office, possessions inspire and add energy to me vs. expire and drain my energy.

___ My clothes represent who I am and who I'm becoming, not who I was.

Physical:

Total Number of Points _____

Nature

___ I have a place in nature I go to be alone to experience my senses and to connect to nature.

___ I travel out of state and internationally to explore other lands to deepen my global and conscious connection to nature.

___ I am in tune with how the seasons affect my energy and the energy of those close to me.

___ I consistently recycle.

___ I use nature as a source of inspiration to recalibrate my body, mind and spirit.

___ I live in the geographical location of my choice which allows me to live the life of my choosing (if I surf- I'm near the ocean, if I ski- I have easy access to the slopes, if I golf- I live in a year round warm climate).

___ The products I consume and dispose of are environmentally friendly.

___ I show respect for nature, animals, plants no matter where I am.

___ I have adequate plants inside my home/office to add oxygen and remove CO2 and toxins.

___ The city/neighborhood I live in is safe.

Nature:

Total Number of Points _____

Reminder: enter your scores on the chart on page 1

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