The goal of this self-assessment is to support you in raising your awareness around which environment(s) 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 phrase on pages 2-4 and place a check mark (✓) next to each phrase that you can answer YES to. If it’s a NO or MAYBE, then leave it blank. Total up the number of checks in each environment and write that number on the on graph on page 1 in each environment. You will have a number ranging from 0-10 in each environment of the graph.

Most people have one or more environments that could use some improvement, so connect with the person who gave you the assessment or a coach to discuss how to improve your environments and begin to upgrade your life. Once your lowest environments are improved, 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.

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, Frameworks.

**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 personnel.

**Network**
Community, Strategic Partners, Customers.

**Financial**
Money, Investments, Budgeting, Insurance.

**Physical**
Home, Office, Furnishings, Equipment / Technology

**Nature**
Outdoors, Beauty, Seasons, Cycle of life.
<table>
<thead>
<tr>
<th>You / Memetic</th>
<th>Body</th>
<th>Self</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ I am aware of my mental and emotional triggers from the past and I rarely over-react to them when people trigger them.</td>
<td>___ I exercise 3-5 times a week.</td>
<td>___ I know my self-worth (my assets; strengths, talents and skills) and I leverage them for my success.</td>
</tr>
<tr>
<td>___ I choose to pay attention to thoughts &amp; beliefs that serve me and let go of the rest.</td>
<td>___ I eat foods that are healthy and in alignment with my beliefs.</td>
<td>___ I know what my top 5 True-Values are and I have designed my life to express them.</td>
</tr>
<tr>
<td>___ My present day belief system is designed to support my evolution.</td>
<td>___ I drink half of my body weight in ounces of healthy water each day (ex: weight 180 lbs. = 90 oz. of water)(FYI: healthy waters suggested, filtered, alkaline etc.).</td>
<td>___ I know my passions and my life purpose and am living them now (regardless of whether I get paid or not).</td>
</tr>
<tr>
<td>___ I live easily with paradox. i.e.; a statement that is seemingly contradictory or opposed to commonsense and yet is perhaps true.</td>
<td>___ I am at my optimal/healthy weight and I have an abundance of energy to live a full life.</td>
<td>___ I understand my fears and use them to fuel my dreams.</td>
</tr>
<tr>
<td>___ I attend webinars, workshops, seminars, etc. to expand my mind and change my beliefs where necessary so I easily achieve my goals.</td>
<td>___ I protect my body adequately from toxins (ex: I use non-toxic sunscreens, water filters for drinking and showering, etc.).</td>
<td>___ I have clear boundaries that my relationships know, respect and I enforce.</td>
</tr>
<tr>
<td>___ I consistently read 15-20 new pages in a book, blog or magazine article to contribute to my learning and growth.</td>
<td>___ I move by body every 15 minutes, do adequate stretching &amp; have great posture.</td>
<td>___ I do not beat myself up over mistakes I make.</td>
</tr>
<tr>
<td>___ I know how to differentiate from programmed thoughts in my subconscious vs. my present day beliefs.</td>
<td>___ I detox frequently and safely (ex: herbal teas, cleanses, colonics, deep breathing, etc.).</td>
<td>___ I express my 5 basic feelings openly in the moment to stay present (ex: Angry, Sad, Happy, Fear, Loss).</td>
</tr>
<tr>
<td>___ I am comfortable with stretching beyond my own self-imposed constraints and against popular opinion in order to learn and grow.</td>
<td>___ My body easily releases waste in the form of bowel movements, regularly (within 3 hours of eating).</td>
<td>___ I have the ability to differentiate my authentic and true self from my ego in each moment.</td>
</tr>
<tr>
<td>___ I live a simple life vs. complex life so I have energy to pursue my big passions.</td>
<td>___ I get the right amount of sleep needed to wake up feeling refreshed and energized (7-8 hours suggested).</td>
<td>___ I take full responsibility for my choices in life. When I make a mistake, I don’t blame others, justify or rationalize my actions.</td>
</tr>
<tr>
<td>___ I stand guard at the door of my mind and only allow information in that serves me.</td>
<td>___ I have had both a dental and physical exam in the last 12 months.</td>
<td>___ My self-image is not completely ruined after taking this assessment.</td>
</tr>
</tbody>
</table>

Mark each question you can say yes to. Total up each column and write below.

<table>
<thead>
<tr>
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<tr>
<td>Total Number of Points: __________</td>
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</table>
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. i.e. meditation, yoga, surfing, sports, gratitude for others.
- I have a relationship with a higher power.
- I feel connected to all human beings, animals 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.

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, i.e. careers, lifestyle, beliefs, etc. I am aware of this deeper cultural perspective when building a new relationship.
- 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 damaging 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 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.

Network

- My network is diverse and includes both men and women from all ages and a variety of cultures, industries and walks of life from around the globe.
- I have access to a high level women’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 (Twitter, Facebook, LinkedIn and local networking groups, etc.).
- 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 all 9 environments that I’m not good at or do not enjoy.

Mark each question you can say yes to. Total up each column and write below.

<table>
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<tr>
<th>Spiritual:</th>
<th>Relationships:</th>
<th>Network:</th>
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</tr>
</tbody>
</table>
Financial

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

____ I have no unsecured debt (ex: credit cards, student loans, personal loans, etc.).

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

____ 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 (Net Worth Report, Investment Statements, P&L’s, Cash Flow Report, Credit Report, etc.).

____ I have adequate protection (ex: medical, auto and disability insurance).

____ I have developed a passive income stream and am not dependent on my job/career. So I can make good decisions.

Physical

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

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

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

____ My physical space is an honest expression of my true self (ex: colors, sounds, furniture, artwork, etc.).

____ If someone walked into my physical spaces (car, office, home, bathroom) they would know without asking, my passions, dreams, goals and things I love/enjoy (ex: vision boards, pictures, symbols, quotes, etc.).

____ 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 (ex: green vs. toxic chemicals, carpets, paints, etc.).

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

____ My home, office, and 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.

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 4 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, and 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.

Mark each question you can say yes to. Total up each column and write below.

Financial: 
Total Number of Points: ____________

Physical: 
Total Number of Points: ____________

Nature: 
Total Number of Points: ____________

Remember to input your scores on the chart on page 1