THE 9 ENVIRONMENTS OF SUCCESS WORKBOOK

ENvironments:
- Physical
- Spiritual
- Memetic
- Relationships
- Network
- Self
- Body
- Nature
- Financial

Action
Willpower
Motivation
THE 9 ENVIRONMENTS OF SUCCESS WORKBOOK

Jim Bunch describes 9 aspects of your environment that influence you. We want those to be positive influences!

Use this workbook to identify anything in your life that is holding you back from reaching your dream life.

Fill it out, and keep it handy. Using the fractionalizing method, start a mini to-do list with 3 items at a time.
**Internal Self (Personality, gifts, talents, strengths, emotions)**

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but I like it anyway:

____________________________________________________________________________________________________

Anything else that influences you negatively:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________
Memetic (Beliefs, ideas, knowledge, cultural norms)

The one super positive part of this environment, that I'm grateful for and want more of:
________________________________________________________________________________________

Biggest, baddest obstacle in this environment:
________________________________________________________________________________________

Easiest obstacle to get rid of or fix:
________________________________________________________________________________________

One thing I know is bad, but like anyway:
________________________________________________________________________________________

Any other negative influences:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
Spiritual (Connection to a higher source, love and self)

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but like anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________
External Relationships (Family, friends, close colleagues, support network)

The one super positive part of this environment, that I’m grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but like anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________
Network (Community, strategic partners, customers)

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but like anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________
Financial (Money, investments, budgeting, insurance)

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but like anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
Physical (Home, office, furnishings, equipment/technology)

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but like anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
Body (Physical body, health, energy)

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but like anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
Nature (Outdoors, beauty, seasons, cycle of life)

The one super positive part of this environment, that I'm grateful for and want more of:

____________________________________________________________________________________________________

Biggest, baddest obstacle in this environment:

____________________________________________________________________________________________________

Easiest obstacle to get rid of or fix:

____________________________________________________________________________________________________

One thing I know is bad, but I like it anyway:

____________________________________________________________________________________________________

Any other negative influences:

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________