

Take Action Challenge

As you examine each of the Nine Environments in your life, identify the following:

1. Identify your S.M.A.R.T. (specific, measurable, attainable, relevant, time-bound) goals for the next 90 days in the areas of happiness, health, and wealth.

- **Happy Goals:** These goals are related to relationships, hobbies, or areas of life that bring greater happiness and fulfillment. Focus is both on what you are DOING and on who you are BEING in the process.

Goal 1:

Goal 2:

Goal 3:

- **Healthy Goals:** These goals are related to diet, exercise, hydration, rest and rejuvenation, mental and spiritual health, and stress reduction.

Goal 1:

Goal 2:

Goal 3:

- **Wealthy Goals:** These goals are related to income generation, charitable giving, investments, and your overall relationship with money.

Goal 1:

Goal 2:

Goal 3:

2. Identify (below) what needs to be upgraded in each of the nine environments to support you in achieving these goals.

3. Identify (below) specific actions you will take to upgrade each environment in order to reach your goals.

Memetic Environment (Ideas)

Upgrades desired:

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Actions to be taken (by when):

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Financial Environment (Money, Wealth and Budget)

Upgrades desired:

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Actions to be taken (by when):

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Relationship Environment (Close Friends, Family and Close Colleagues)

Upgrades desired:

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Actions to be taken (by when):

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Network Environment (Professional Connections, Greater Community, Social Networks)

Upgrades desired:

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Actions to be taken (by when):

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Physical Environment (Places, Things, Sounds)

Upgrades desired:

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Actions to be taken (by when):

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Body Environment –(Your Energy, Appearance and Clothing)

Upgrades desired:

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Actions to be taken (by when):

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Self Environment (Strengths, Talents, Abilities and Character)

Upgrades desired:

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Actions to be taken (by when):

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Spiritual Environment (Deep Connections and Sacred Spaces)

Upgrades desired:

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Actions to be taken (by when):

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Nature Environment (The Great Outdoors)

Upgrades desired:

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Actions to be taken (by when):

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