

# 9 Environments of You™

# CoachVille

## 9 Environments of You

The 9 Environments of YOU - originally created by Thomas Leonard - is a powerful way to see and design the world around you. We know that humans are always adapting to the world around them while at the same time unconsciously creating the world as a reflection of themselves.

Now you will design the world around you so that you become who you desire to be AND evolve in unexpected often delightful ways!



## Transformation from Willpower to World Power

History is full of stories of individuals who achieved greatness by overcoming the environment. Through these stories we get the idea that the environment is something to be overcome through willpower. While this is possible, it is NOT efficient!

MOST of the time, the environment wins and the individual does not. World Power means that you design an environment with just the right balance of support and challenge for you to grow and get results.

It means that you see yourself as part of the environment and play with it and within it.

## Brief Overview of the 9 Environments

### You

The Core that is unchanging

### Memetic Environment

Ideas, TV, Radio, Newspaper, Magazines, Websites

### Body Environment

Your Radiance, Appearance and Clothing

### Self Environment

Strengths, Talents and Character

### Spiritual Environment

Deep Connections, Sacred Spaces and Nature

### Relationship Environment

Close Friends, Family and Close Colleagues

### Network Environment

Professional Connections and Greater Community

### Financial Environment

Money, Wealth and Budget

### Physical Environment

Places, Things and Tools

### Technology Environment

Electronics, Apps and Virtual Spaces

## The Environment Always Wins

This is the provocative mantra of this life- changing concept. Without significant environmental design, no process of change is sustainable. You may have noticed that most of the time when you do a change oriented program, shortly after you end up back where you have always been. This is because when you go back home you adapt back to the environment that is a reflection of who you were.

**For sustainable success, always design your 9 Environments to be a picture of your next evolution.**

# The World Power Method™

The Personal Environments Scan

The **BIG GAME** Your 9 environments will help you create, accomplish and become

Player Name:

## 3 Power Patterns

1

2

3

Recurring Activities	The Energy	Drains	Power Patterns			
<b>Relationship</b>	The People in your life EVERYDAY Family, Friends, Colleagues	Not asking / not sharing Unmet expectations	Rating 1-5			
Person - Primary Conversation	Mood	Assets	Tolerations	1	2	3
Present Patterns			What is missing?			
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<b>Network</b>	First Name Basis Key People - Web - Communities	Being seen and known	Resist standing out Resist participation	Rating 1-5		
Influential Person - Conversation	Mood	Assets	Tolerations	1	2	3
Communities - Conversation						
Present Patterns			What is missing?			
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# World Power Method™

Player Name:

Recurring Activities	The Energy		Drains	Power Patterns		
<b>Memetic</b>	Cultural Norms Ideas - Concepts - Information		Information overload Conflicting values	Rating 1-5		
Information Source	Mood	Assets	Tolerations	1	2	3

Present Patterns  Missing

Financial	Freedom Security Cash flow - Budget - Investments		Scarcity Consciousness Money Set Point	Rating 1-5		
Activity	Mood	Assets	Tolerations	1	2	3
Banking						
Manage Cash Flow						
Pay Bills						
Buy Things						
Go to work						
Track Assets						

Present Patterns  Missing

Physical	Every THING matters home - office - possessions	Do I LOVE this thing? Every THING has energy	Am I worthy of the best? Do I know what I want?	Rating 1-5		
Place - Activity	Mood	Assets	Tolerations	1	2	3
Kitchen						
Bedroom						
Living Room						
Office						
Car						
Equipment						

Present Patterns  Missing

# World Power Method™

Player Name: \_\_\_\_\_

Recurring Activities	The Energy		Drains	Power Patterns		
<b>Self</b>	Express the REAL you Talents - Values - Character		Fear of arrogance Fear of ridicule	Rating 1-5		
Talents & Values - Expression	Mood	Assets	Tolerations	1	2	3

Present Patterns

Missing

Recurring Activities	The Devine Connection		Drains	Power Patterns		
<b>Spiritual</b>	Oneness - Practices - Sacred Spaces		Scarcity Consciousness Not worthy of devine flow	Rating 1-5		
Practices	Mood	Assets	Tolerations	1	2	3
Sacred & Natural Spaces						

Present Patterns

Missing

Recurring Activities	The Moving Environment		Drains	Power Patterns		
<b>Body</b>	Your Appearance / Image Strength - Health - Radiance		Negligence Early body image	Rating 1-5		
Area - Activity	Mood	Assets	Tolerations	1	2	3
Strength <small>upper body core lower body</small>						
Health						
Radiance						
Clothes						

Present Patterns

Missing

Recurring Activities	Electronics - Virtual Spaces		Drains	Power Patterns		
<b>Technology</b>			Not up to date Effective use	Rating 1-5		
Item or Space - Activity	Mood	Assets	Tolerations	1	2	3

Present Patterns

Missing