

#27 – THE ENVIRONMENT → EMOTION CHECK

Five questions to reveal how your surroundings influence your mood, clarity, and behavior.

Your environment trains your nervous system.

You don't rise above it –
you respond to it.

This tool shows you what your environment is creating *before* you blame yourself for the emotional effect.

1. How does this environment make my body feel – tight, calm, energized, drained?

Your body reports the truth your mind tries to rationalize.

Your thoughts: _____

2. Do the people in this environment build me or deplete me?

Emotions radiate out into the environment.

How you feel is data.

Your thoughts: _____

3. Is this environment supporting the life I want, or feeding the habits I'm trying to break?

Your surroundings either reinforce your growth or reinforce your past.

Your thoughts: _____

4. What emotions show up here that don't show up elsewhere?

Environment-specific emotions tell you exactly what's misaligned.

Your thoughts: _____

5. If I changed my environment, would my mood shift too?

If yes,
it's not "you" –
it's the environment you're in.

Your thoughts: _____

FINAL REMINDER:

Emotions are not always yours.

Often, they are a response to the environment you've normalized.