

## #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.