**WHE Group**

**Week 7 of 10: The E For Environment – There’s No Place Like Home**

The Environment can be considered from a macro or micro level. Obviously, noise, air, and water pollution affect us all. In this section, we focus on the variables we can directly change.

Choose a verse from the accompanying sheet that best resonates with you

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The Spaces We Create, Beauty, Order, and Cleanliness and Your 5 Senses, The Sounds in Your Environment, Your Environment Needs to be Attractive to You, Your nose Knows, It’s all in the Touch, The best sense: TASTE. Indoor elements For Whole Health: Lighting, Air Quality, Water, Functionality, Cleaning Supplies, Proper Equipment, Gardening and Composting, EMF and Radiation Sources, Clothing and Toxic Fabrics, Temperatures. We cover many aspects in the Dimension of Environment. **Are there any specific topics you’d like to discuss?**

What does your home say about you?

In what ways would you like to change your environment?

What are ways you can develop easy systems to enforce positive daily habits?

Choose a goal from the Sample Goal List and come up with one of your own. Make it SMART: Specific, measurable, attainable, realistic, and timely!

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“Create an environment where doing the right thing is as easy as possible.”

**James Clear, Atomic Habits**

