

Worksheet for Action Planning Dimensions of Your Life
Physical Environment

My Physical Environment vision statement: (example)
My physical environment brings out the best in me—both at home and at work. I love that being there feels perfect!

An Image that Triggers my energy—select from your vision board or some other source



My Theme Song:

This song brings me energy, joy, and kindles positive feelings about my new physical environments. Example: Our House (Crosby, Stills, Nash & Young), Take Me Home, Country Roads (John Denver), My House" (Flo Rida)

From the previous work you have gathered, describe the stand-out insights that you want to consider in creating the positive physical environments we desire.

What are the first, essential actions necessary to achieve your envisioned physical environment for both home and work locations?

Identify what, if any, support you will need to implement to achieve these emotionally satisfying and functionally enhancing environments.

List the on-going steps required to fulfill and sustain your physical environment vision.

What other life areas support or influence the decisions for your desired physical environments?

What needs to happen in those areas to create a positive synergy?