

we have available, people we interact with and activities we are responsible for.

- Our spiritual environments—influenced by our depth of connection with a spiritual path, religious beliefs, or a spiritual community.
- Our financial environments---reflected in the money beliefs around us, the objects we buy, the places we frequent, and the conversations or input we get from society, and others.
- Our personal environments---exhibited by self-care we participate with, how we choose to present ourselves, the food we use for life.

Because our environments tend to remain fairly static, we become habituated to them and don't consciously notice them and the affect they are having on us. It's often an eye-opening experience for our clients when we ask them to pay attention to their environments. To look at them with fresh eyes and to see if the elements of each environment are supportive or unsupportive of who they are now...and who they want to become in the future.

And there's another element that's equally important. Their environments may not have actually been "chosen" but are in place rather by default. Some clients have not fully connected their environments with who they truly are and the surrounding "invisible messaging" that emanates from those environments. This messaging either supports their growth and development toward their dreams or hinders it.

It can hinder it in two ways...first by sending negative messages of "you're not worth more, or you haven't