**ENVIRONMENT - ALIGN YOUR LIFE**

This is where you start all thinking, feeling and conversations. This is where your Big Picture starts - the overall purpose of what you are doing.

It covers the qualitative aspects of who you really are, who you want to be, what you do and **why** you do it, what you have and what you want to have.

If you are clear on your vision and purpose, you know why you are doing something, and you can see how it fits into your big picture. If you don’t know, you don’t have it, you may get stuck, and when challenges come you don’t know what to do or you are lost and your direction is unclear, which lacks meaning.

If you are clear on your values, standards and expectations, who knows who you are, what you represent and what you stand for. There is no need to justify or change it to fit in or please someone or control your life or others.

 The Environment of your life, love and relationships includes:

* The vision – Where are you heading
* The purpose – Why you want it (love, a soulful relationship, freedom), why it is so important to you
* The values – What you know, care about and stand for
* The goals - goals that you want to achieve (in life, in a relationship etc.)
* The standards - the personal standards you hold for yourself. What you expect of yourself
* Expectations - the standards you expect from others
* Your beliefs about what is and isn’t possible

* How do you know the purpose of the relationship with you and others is flourishing?
* What questions can you ask yourself to make sure you’ve created a vision that supports your dream life?
* Imagine your dream life...What would be at the core of its vision?
* Do you have a clear life vision?
* What are your values? AND What values are you looking for in your life partner?
* What are your goals for your life? Your personal and relationship goals?
* How are you going to build your momentum if you lose it?
* How do you set, hold and meet your standards when the going gets tough?
* What do you expect from your partner, family and friends? What do you accept and what is non negotiable for you?
* What do you believe about love and relationships?
* What is possible for you in love and relationship? What is not possible?
* What beliefs support your vision? What beliefs don’t support your vision?

Whatever answer you have for the above questions, it must be real where you are, what you really want and care about.

Don’t try to push you to vision or standards that are not yours, but someone’s expectations. Remember this is a time to make it your own way. It’s your world, you vision and you attract people who fit into your vision without hesitation.

**APPLYING THE ULTIMATE BLUEPRINT TO YOUR FULFILLING LIFE**

Your internal world is shaping and determining your outer world. So it’s up to you to ensure you give yourself the very best mindset you can for the journey ahead.

Mindset for happiness, love and fulfillment

**Attributes:**

1. *The attributes I have and I’m cultivating within me for fulfilling MY LIFE are…*

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**Beliefs:**

*The beliefs I have and I’m cultivating within me for fulfilling MY LIFE are…*

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**Standards:**

*The standards I have and I’m cultivating within me for fulfilling MY LIFE are…*

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**Expectations:**

*The expectations I have and I’m cultivating within me for fulfilling MY LIFE are…*

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