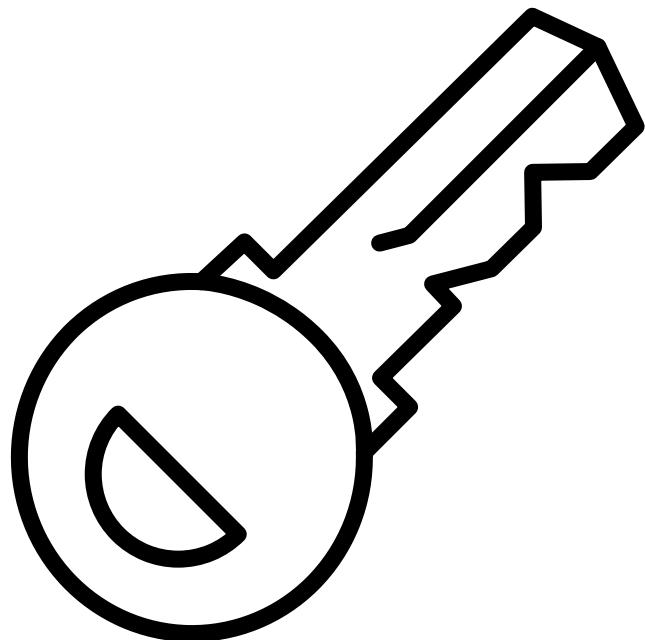


# The 9 Environments of Success

A Reflection & Alignment Guide

Created by Indre Ratkele



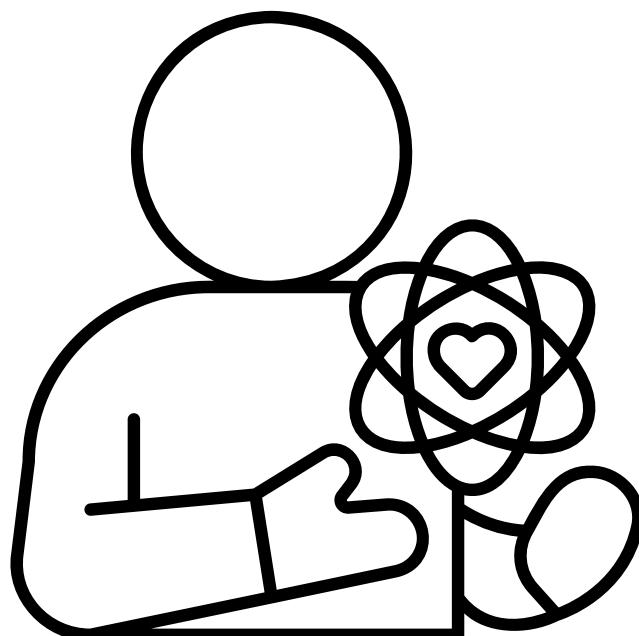
## YOU — The Core Environment

You are the foundation of every outcome in your life. The way you think, speak to yourself, and take responsibility for your choices directly shapes how you experience the world. When this core environment is supported, clarity replaces confusion and confidence replaces self-doubt. This environment governs identity, values, boundaries, and personal agency. When you strengthen this core, all other environments stabilise and expand naturally.

## Affirmations

- I respect myself and my needs.
- I trust my inner guidance.
- I take responsibility for my life with compassion.

## Reflection Space



## BODY — Physical Wellbeing

Your body carries you through every ambition and responsibility. Sustainable success depends on listening to physical signals, respecting limits, and supporting energy through nourishment, movement, and rest. When the body is supported, focus sharpens and resilience increases.

## Affirmations

- My body deserves care and patience.
- Rest supports my effectiveness.
- I choose sustainable habits.

## Reflection Space

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# EMOTIONS — Inner Regulation

Emotional regulation shapes communication, leadership, and decision-making. When emotions are acknowledged, they provide clarity rather than disruption. This environment supports calm responses and emotional resilience.

## Affirmations

- My emotions guide me wisely.
- I respond with awareness.
- I create safety within myself.

## Reflection Space

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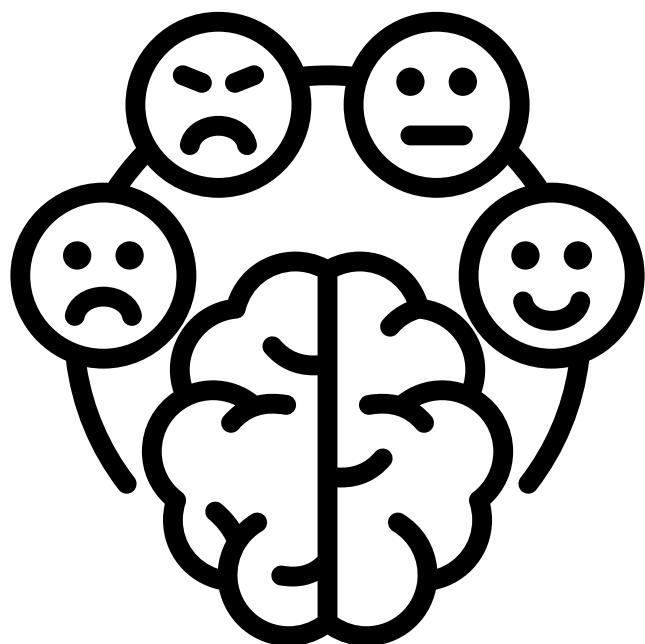
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# RELATIONSHIPS — Close Connections

Close relationships influence safety, belonging, and self-worth. Healthy relationships are built on respect, honesty, and clear boundaries. When nurtured, they become a source of stability rather than stress.

## Affirmations

- I nurture respectful relationships.
- I communicate clearly.
- I honour my boundaries.

## Reflection Space

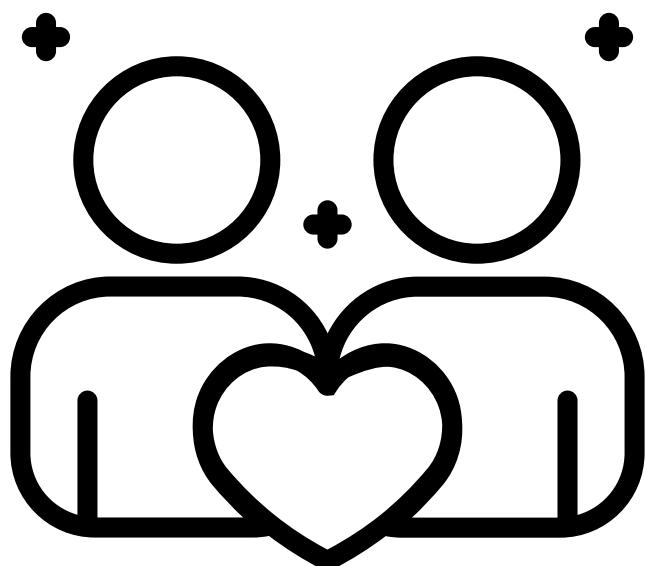
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# NETWORK — Community & Support

Your wider network includes peers, mentors, and communities that shape opportunity and growth. Aligned networks provide inspiration, accountability, and a sense of belonging.

## Affirmations

- I am supported by aligned people.
- I attract meaningful connections.
- I contribute and receive with balance.

## Reflection Space

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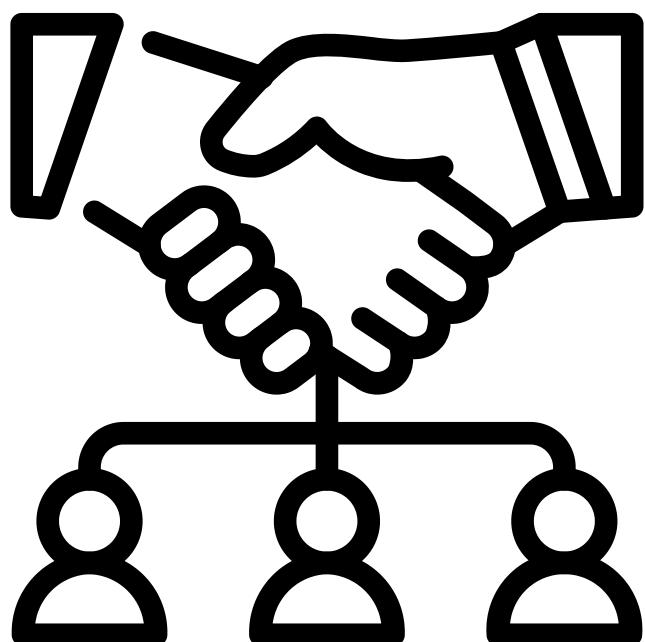
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# CAREER & PURPOSE

Purposeful work provides direction and meaning. Regular reflection ensures effort aligns with values and growth. When purpose is clear, work becomes a channel for contribution rather than depletion.

## Affirmations

- My work reflects who I am becoming.
- I allow my career to evolve.
- I welcome meaningful success.

## Reflection Space

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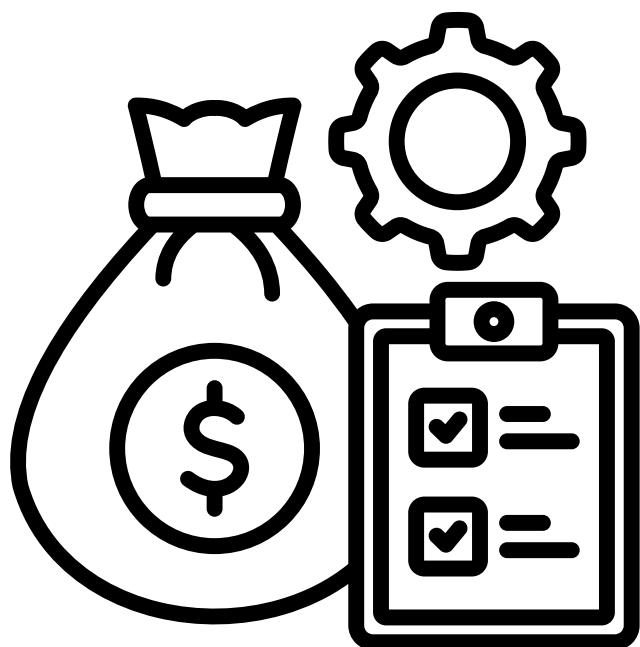
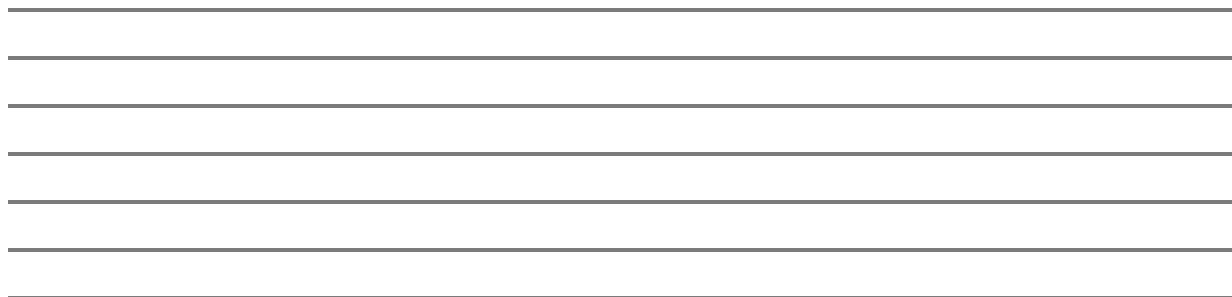
# FINANCES — Stability & Stewardship

Money supports freedom, security, and choice. A healthy financial environment is grounded in clarity, responsibility, and calm attention. Conscious stewardship creates stability.

## Affirmations

- I manage money consciously.
- I build stability steadily.
- I respect my financial journey.

## Reflection Space



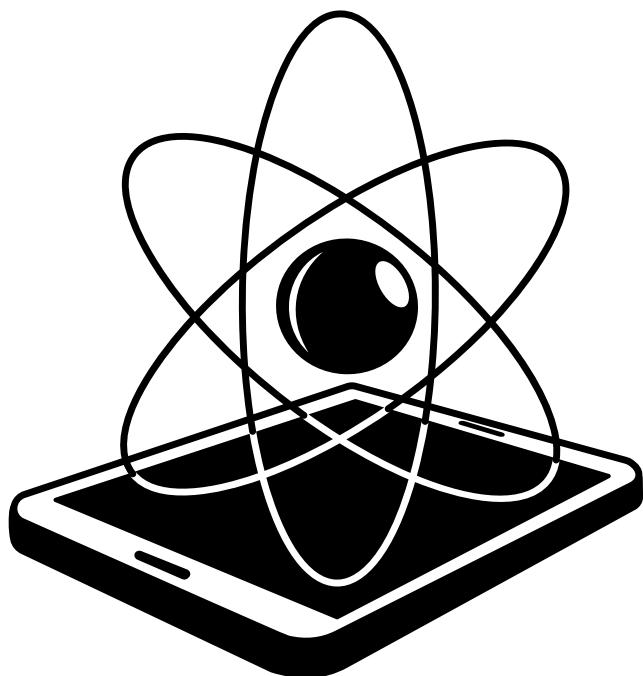
# ENVIRONMENT — Physical & Digital Space

Your surroundings influence focus and wellbeing. Intentional physical and digital spaces support clarity, calm, and productivity while reducing mental noise.

## Affirmations

- My environment supports clarity.
- I simplify with intention.
- I create space for what matters.

## Reflection Space



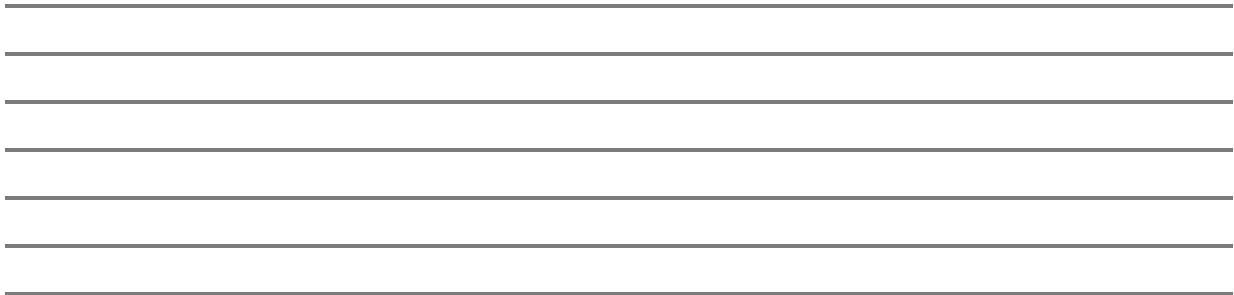
# REST & RENEWAL

Rest integrates growth and sustains wellbeing. Without renewal, even meaningful success leads to exhaustion. This environment protects balance and long-term vitality.

## Affirmations

- I allow myself to slow down.
- Rest restores my clarity.
- I honour balance and renewal.

## Reflection Space



# Thank You

When you take full accountability and responsibility for your life and consciously nurture all your environments, everything begins to feel easier. Life becomes clearer, lighter, and more aligned.

By supporting every environment, you create the conditions to live the happiest life you could ever imagine — one built on awareness, balance, and trust.

With gratitude,

Indre Ratkele

I love  
you