**List out in detail your surroundings for the following instances: smells, sounds, tastes, decor, people, feelings, spaces, time of day, and locations.**

|  |  |
| --- | --- |
| **When I have the most energy** | **When I have the least energy** |
|  |  |

|  |  |
| --- | --- |
| **When I feel most productive** | **When I feel least productive** |
|  |  |

|  |  |
| --- | --- |
| **When I am calm & at peace** | **When I am anxious & stressed** |
|  |  |

**What were some similarities across those instances? What small changes can you make to remove the obstacles of a bad environment & add to make it more positive?**

|  |  |
| --- | --- |
| **Similarities of positive vibes** | **Similarities of negative vibes** |
|  |  |

|  |  |
| --- | --- |
| **What can I add to my environment to make it positive** | **What can I take away from my environment to remove negative** |
|  |  |