



Environmental Audit

Identity Recode Planner

To identify the environmental conditions that support or interfere with identity installation, daily consistency, and behavior change.

Identity Recode Planner

A Tamkinly Transformation System

Instructions

Evaluate the environment you live in, not the environment you wish you had. Focus on what is easy, what is difficult, what is visible, and what repeatedly pulls you away from your intended identity.

Scoring: 1 = strongly blocking, 5 = neutral, 10 = strongly supportive

Section 1: Physical Space

Statement	1	2	3	4	5	6	7	8	9	10
My physical space makes good behavior easy.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My workspace or home setup supports focus.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Important tools are easy to reach.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Unhelpful objects are out of sight or removed.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My space reminds me of the person I am becoming.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My space reduces distraction instead of increasing it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My physical layout supports my daily routines.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My environment lowers friction for the behaviors I want.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What is the biggest physical obstacle to your transformation?

Section 2: Digital Environment

Statement	1	2	3	4	5	6	7	8	9	10
My phone and digital devices support my goals.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I am not overexposed to distracting content.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My digital notifications are under control.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My social media use does not undermine my identity goals.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My digital environment contains useful reminders, not only noise.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I can access useful materials without getting lost in distraction.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My digital habits are intentional rather than automatic.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I have reduced unnecessary digital friction and clutter.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What digital trigger most often weakens your focus?

Section 3: Social Circle Alignment

Statement	1	2	3	4	5	6	7	8	9	10
The people around me support the identity I am building.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I spend enough time with people who model the behavior I want.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My social circle does not normalize the habits I am trying to leave behind.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I feel understood by at least some of the people around me.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I can maintain my direction even when others do not share it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My relationships increase my discipline rather than weaken it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I know which relationships strengthen or weaken my progress.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My social environment supports long-term change.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Which relationship most strongly affects your consistency?

Section 4: Resource Accessibility

Statement	1	2	3	4	5	6	7	8	9	10
I have access to the tools I need to follow through.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My routines are realistic for my current life situation.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Time is allocated for the behaviors I want to build.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I have enough structure to avoid unnecessary confusion.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I know where to begin when I want to act.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My resources reduce hesitation instead of creating it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I have support systems when motivation is low.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I do not rely on willpower alone.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What resource is missing or underused?

Section 5: Friction Point Identification

Mark each item as: Low friction / Moderate friction / High friction

Activity	Low	Moderate	High
Morning routine	☐	☐	☐
Starting focused work	☐	☐	☐
Making healthy choices	☐	☐	☐
Saying no to distraction	☐	☐	☐
Returning after a lapse	☐	☐	☐
Keeping commitments	☐	☐	☐
Logging progress	☐	☐	☐
Ending the day intentionally	☐	☐	☐

Where does your environment create the most resistance?

Section 6: Cue Implementation

Statement	1	2	3	4	5	6	7	8	9	10
My environment contains cues that prompt the right actions.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I have placed reminders where they will be seen.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My cues are tied to specific behaviors, not vague intentions.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My environment makes the next step obvious.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I can tell what to do when I enter a specific space.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My cues reduce decision fatigue.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
I am using prompts intentionally, not randomly.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My cues support repetition.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Which cue should you add, remove, or strengthen?

Section 7: Environmental Summary

Section	Score
Physical Space	_____
Digital Environment	_____
Social Circle	_____
Resource Access	_____
Cue Quality	_____
Overall Environmental Support Score	_____

What is the strongest supportive factor in your environment?

What is the strongest blocking factor in your environment?

What single environmental change would create the biggest improvement?

Final Environmental Statement: My environment currently makes it easier to...