



# LOCATION EVALUATION

Understand how your physical environment  
influences your daily life.

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# Daily Journal Template

**Hear**

What sounds (noisy streets, birds chirping, running water, etc.) evoked emotion for me today?

**Feel**

What external factors (weather, transportation options, family/friends, etc.) affected my mood today?

**See**

What sights (mountains, dirty streets, skyscrapers) made me feel the most isolated or most present?

**Do**

What activities gave me energy or drained me today? What do I wish I could have done today?

## TOP 3 THINGS ABOUT TODAY'S ENVIRONMENT

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## WORST 3 THINGS ABOUT TODAY'S ENVIRONMENT

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