You can set up your Node.js environment by following these steps:

1. **Download and Install Node.js**
   * Go to the official Node.js website's [download page](https://nodejs.org/en/download/) and download the installer appropriate for your operating system. You should download the LTS (Long Term Support) version to ensure stability.
   * Run the downloaded installer and follow the prompts. This will install both Node.js and npm (node package manager), as npm is distributed with Node.js.
2. **Verify Installation**
   * Open a terminal or command prompt and type node -v. This should display the version of Node.js that you installed, confirming that the installation was successful.
   * Similarly, you can check if npm was installed correctly by typing npm -v, which will display the version of npm installed.
3. **Install a Code Editor**
   * If you don't already have a code editor installed, you will need one to write your code. There are many great options available, some popular ones include Visual Studio Code, Atom, and Sublime Text.
4. **Run a Node.js Program**
   * To ensure everything is set up correctly, you can try running a simple Node.js program:
     + Open your code editor and create a new file called app.js.
     + In app.js, type console.log('Hello, Node.js!').
     + Save the file and open your terminal or command prompt.
     + Navigate to the directory containing app.js.
     + Type node app.js and hit enter. You should see Hello, Node.js! displayed in the terminal, indicating that Node.js is running correctly.

For a more detailed setup guide, you can refer to [this tutorial](https://www.guru99.com/download-install-node-js.html) by Guru99.