

Designing Your Environment: Designing Your Life

Does your environment nourish you? When you are in your bedroom, living room, kitchen or office, are you inspired? At peace? In comfort? As you look around, do you feel pleased? Included in this short article are 20 quick and easy questions specifically designed to help you to assess just how nourishing your space is! Now, this is your work space AND the space you live in. You get to design it, and here are a few suggestions how:

Thomas Leonard, referred to by some as the founder of professional coaching, designed “The Clean Sweep Program” devoted to creating the ideal life. As part of this program, he refers one aspect of our life; our environment. Here are a few questions that he asks in regard to your satisfaction with your physical environment, as well as pointing to things you might be tolerating! I invite you to answer the following questions as you think about the design of your personal and work space.

How many of the 20 statements are true for you today? How many do you want to be true for you? Remember, no hurry, no judgments, no grading (you don’t ‘pass or fail’, this is your happiness, you get to decide!). If you want to incorporate more, great! Today you have a choice! *You get to begin incorporating what you desire into your life today.* You can start with anything you like! Start by including more things of beauty in your world; improve your lighting, pick a time period each week just to stay organized, or make big changes! As an example:

My wife and I recently moved: purchasing an ideal house and lot for us (1921 Tudor) in a fantastic neighborhood (wooded, quite and old). Then we designed the inside: painted every room the color of our choice to bring out the moods we want. Then added art: splotches on a wall in my office of a great shade of purple; light green and lilac family room accented by a raspberry entranceway, inviting yellow dining room and orange kitchen (fun!). Ceiling fans, lighting and yes, even door knobs are part of the design. And of course, curtains, furniture and all the trimmings.

Do you live in a home you love? Do you work in a workspace that is nourishing?

Directions: Answer each question. If true, check the box. Be rigorous, be a hard grader. If the statement is sometimes or usually true, please DO NOT check the box, unless the statement is virtually ALWAYS true for you.

- _____ I live in a home/apartment I love.
- _____ I surround myself with beautiful things.
- _____ I live in the geographic area of my choice.
- _____ There is ample and healthy lighting around me.
- _____ I consistently have adequate time, space, and freedom in my life.
- _____ I am not tolerating anything about my home or work environment.
- _____ I surround myself with music that makes my life more enjoyable.
- _____ My plants and animals are healthy (fed, watered, getting light and love)
- _____ My bed/bedroom lets me have the best sleep possible (firm bed, light, air)

- _____ I am consistently early or on time.
- _____ My car is in excellent condition; doesn't need mechanical work, repairs, cleaning or replacing.
- _____ My personal files, papers, and receipts are neatly filed away.
- _____ My home is neat and clean/vacuumed, closets organized, desks and tables clear, furniture in good repair, windows clean.
- _____ My appliances, machinery, and equipment (refrigerator, toaster, snow blower, water heater, toys) work well.
- _____ My clothes are pressed, clean and make me look great (no wrinkles, baskets of laundry, or torn, out-of-date, or ill-fitting clothing)
- _____ My work environment is productive and inspiring (synergistic, ample tools and resources; no undue pressure)
- _____ I have nothing around the house or in storage that I do not need.
- _____ I am not damaged by my environment
- _____ I don't injure myself, fall, or bump into things
- _____ My bed is made daily.

Ok, out of the 20 statements, how many do you have in your life today? How many do you want to have in your life? There's no hurry, you can begin making small shifts and adjustments first.