

## How Your environment Impacts Your Goals

Many people underestimate the impact that their environment has on their goals.

Your Environment makes you fall into old patterns

Requires so much (too much) will power to overcome bad habits

We only have a certain amount of will power, so let's not make it harder on ourselves

Design your environment for success

Make good habits easy

Add things that help you reach your goals

Ex: put out supplements, veggies cut and easy, leave out water pitcher

Make bad habits hard

Remove things that sabotage your goals

Ex: Take out all junk food or things you don't want to eat OR box it up and put it up on a high Shelf

It is easier to build habits in a new environment.

Can't move? That is okay, you can make a new environment

Ex: in evening sit on couch and eat ice cream with tv -> sit in a different chair or rearrange furniture so the couch is in a different location

Shop at a different store if you only want to buy healthy foods and don't look for the junk food in that store.

For more information on this read Atomic Habits by James Clear