

Environment & Support System



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WHY ENVIRONMENT & SUPPORT MATTER



WILLPOWER ALONE IS NOT ENOUGH

YOUR ENVIRONMENT CAN PUSH YOU FORWARD OR PULL YOU BACK

RIGHT PEOPLE + RIGHT SPACES = EASIER PROGRESS

DESIGN YOUR SURROUNDINGS TO SUPPORT YOUR GOALS

Designing Your Physical Environment



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PHYSICAL ENVIRONMENT = SILENT PARTNER



YOUR ROOM, DESK, AND HOME AFFECT YOUR FOCUS

CLUTTERED SPACE → CLUTTERED MIND

ORGANIZED SPACE → CLEARER THINKING

MAKE YOUR ENVIRONMENT MATCH THE PERSON YOU WANT TO BECOME

SET UP A “SUCCESS CORNER”



YOUR ROOM, DESK, AND HOME AFFECT YOUR FOCUS

CLUTTERED SPACE → CLUTTERED MIND

ORGANIZED SPACE → CLEARER THINKING

MAKE YOUR ENVIRONMENT MATCH THE PERSON YOU WANT TO BECOME

REMOVE PHYSICAL TEMPTATIONS



KEEP JUNK FOOD OUT OF SIGHT (OR OUT OF HOME)

DON'T STUDY/WORK ON THE BED IF POSSIBLE

PUT DISTRACTIONS (GAMES, TV REMOTE) AWAY DURING FOCUS TIME

MAKE THE WRONG CHOICES HARDER, THE RIGHT CHOICES EASIER

VISUAL REMINDERS OF YOUR GOALS



PUT YOUR GOALS, VISION BOARD, OR QUOTES WHERE YOU CAN SEE THEM

USE STICKY NOTES, POSTERS, OR A WHITEBOARD

PHYSICAL REMINDERS = DAILY RE-MOTIVATION

LET YOUR ENVIRONMENT CONSTANTLY REMIND YOU OF YOUR “WHY”

YOUR PHONE & LAPTOP = DOUBLE- EDGED SWORD



THEY CAN BE YOUR BIGGEST TOOLS OR YOUR BIGGEST DISTRACTIONS

UNCONTROLLED: ENDLESS SCROLLING, WASTED HOURS

CONTROLLED: LEARNING, PLANNING, CREATING, CONNECTING

CLEAN UP YOUR DIGITAL SPACE



TURN OFF NON-ESSENTIAL NOTIFICATIONS

REMOVE OR HIDE DISTRACTING APPS FROM YOUR HOME SCREEN

ORGANIZE FILES AND FOLDERS FOR QUICK ACCESS

USE “DO NOT DISTURB” DURING FOCUS BLOCKS

USE TOOLS, NOT JUST TOYS



USE APPS FOR:

- HABIT TRACKING
- TO-DO LISTS & CALENDARS
- NOTES AND IDEAS

DECIDE: "MY PHONE IS FOR CREATION AND LEARNING MORE THAN CONSUMPTION."



MANAGING SOCIAL MEDIA



SET TIME LIMITS FOR SOCIAL APPS

UNFOLLOW ACCOUNTS THAT TRIGGER COMPARISON OR NEGATIVITY

FOLLOW PAGES THAT INSPIRE, EDUCATE, OR SUPPORT YOUR GOALS

ASK: "IS THIS HELPING MY FUTURE OR JUST FILLING MY TIME?"

Accountability Partners, Mentors & Communities



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YOU DON'T HAVE TO DO IT ALONE



GOALS ARE EASIER WITH SUPPORT

THE RIGHT PEOPLE CAN REMIND, GUIDE, AND ENCOURAGE YOU

YOUR ENVIRONMENT INCLUDES THE PEOPLE YOU SPEND TIME WITH

ACCOUNTABILITY PARTNERS



SOMEONE WHO KNOWS YOUR GOALS AND CHECKS IN WITH YOU

YOU SHARE PROGRESS, STRUGGLES, AND NEXT STEPS

CAN BE A FRIEND, COLLEAGUE, OR FELLOW STUDENT

MAKES IT HARDER TO QUIETLY QUIT ON YOURSELF



MENTORS



SOMEONE AHEAD OF YOU IN THE AREA YOU CARE ABOUT

GIVES ADVICE, PERSPECTIVE, AND SHORTCUTS

MENTORS CAN BE IN REAL LIFE, OR THROUGH BOOKS, VIDEOS, AND COURSES

LEARN FROM THEIR EXPERIENCE INSTEAD OF ONLY YOUR MISTAKES

COMMUNITIES



GROUPS OF PEOPLE WITH SIMILAR GOALS OR INTERESTS

STUDY GROUPS, FITNESS GROUPS, ONLINE FORUMS, MASTERMIND CIRCLES

YOU SEE OTHERS WORKING → YOU FEEL INSPIRED TO WORK TOO

A STRONG COMMUNITY REDUCES LONELINESS AND SELF-DOUBT

CHOOSING THE RIGHT PEOPLE



SPEND MORE TIME WITH PEOPLE WHO:

- ENCOURAGE YOUR GROWTH
- RESPECT YOUR GOALS
- CHALLENGE YOU IN A HEALTHY WAY

LIMIT TIME WITH PEOPLE WHO CONSTANTLY PULL YOU AWAY FROM YOUR GOALS

How to Say “No” to Protect Your Goals



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THE POWER OF “NO”

A person wearing a blue polo shirt is holding a white rectangular sign in front of their face. The sign has the words "JUST SAY NO!" written in a bold, black, handwritten-style font. The person's hands are visible at the bottom corners of the sign.

JUST
SAY
NO!

EVERY “YES” TO SOMETHING IS A “NO” TO SOMETHING ELSE

TO PROTECT YOUR GOALS, YOU MUST PROTECT YOUR TIME AND ENERGY

SAYING “NO” IS NOT RUDE – IT’S RESPONSIBLE

WHEN YOU NEED TO SAY NO

INVITATIONS THAT CLASH WITH IMPORTANT WORK OR REST

EXTRA RESPONSIBILITIES THAT YOU CAN'T HANDLE RIGHT NOW

PEOPLE WHO DRAIN YOUR ENERGY WITH DRAMA OR NEGATIVITY

ACTIVITIES THAT DON'T MATCH YOUR PRIORITIES



POLITE WAYS TO SAY NO



“I’D LOVE TO, BUT I’VE ALREADY COMMITTED TO SOMETHING IMPORTANT.”

“I CAN’T THIS WEEK, I NEED TO FOCUS ON MY PROJECT.”

“THAT’S NOT POSSIBLE FOR ME RIGHT NOW.”

“THANKS FOR THINKING OF ME, BUT I’LL PASS THIS TIME.”

GUILT-FREE BOUNDARIES



POTECTING YOUR GOALS IS NOT SELFISH

YOU'RE ALLOWED TO CHOOSE LONG-TERM GROWTH OVER SHORT-TERM FUN

TRUE FRIENDS WILL RESPECT YOUR BOUNDARIES

YOUR FUTURE SELF WILL THANK YOU FOR THE "NO" YOU SAY TODAY

RECAP – ENVIRONMENT & SUPPORT SYSTEM



DESIGN YOUR PHYSICAL AND DIGITAL SPACES TO MAKE GOOD CHOICES EASIER

USE TOOLS AND REMOVE DISTRACTIONS

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE: PARTNERS, MENTORS, COMMUNITIES

SAY “NO” TO PROTECT YOUR TIME, ENERGY, AND GOALS

THANK YOU