

BUILDING A HEALTHY ENVIRONMENT

**"YOU ARE THE AVERAGE OF THE FIVE PEOPLE YOU SPEND THE
MOST TIME WITH."**

- JIM ROHN



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Don't do what most people do and try to “make do” with your current environment. Do not limit yourself. You were born to be healthy. You were born to be excellent. You were born to make a difference. Surround yourself with people who see greatness in you and integrate into an environment where you can thrive.

To help you with this, answer the following questions:

Does the environment at your home support you being the best you?

Do your relationships support you becoming the best you?

Does your place of work inspire you to be better?

Do your extra-curricular activities allow you to have fun and grow as a person?

Do the people who are closest to you (the people you interact with every single day) support a healthy positive growing environment?

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Does your home allow you to be healthy and focus on what's important to you, or are you surrounded by clutter, television, and technology that distract you as well as junk food that gives you urges and cravings?

Are you constantly receiving push back? What is routine stressing you out?

Who is criticizing you for wanting to be better? Who is constantly seeing the negative in everything you do?

These are the people, places, and things that you need to be willing to separate yourself from. I am not asking that you quit them cold turkey. Instead, I am asking you be real with yourself, so you can begin to separate yourself from the people, places, and things that are holding you back from being the person you were destined to be.

Truthfully, as you begin to strengthen your mindset and create positive habits, these people, places, and things will naturally begin to fade away from you in the sense that they're going to be uncomfortable seeing you become better.

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In the beginning, though, identifying these negative attributes in your environment is important. So, take a moment now and make an inventory list of where you spend most of your time and with whom.

Do these people and places encourage, support, and motivate you towards your health goals? If not, then perhaps you need to make some adjustments.

Which people and places do you need to begin limiting your time or possibly remove from your life all together?

Now, make a list of people and places you think you should be hanging out with and at? Where do you need to start going and who do you need to start spending more quality time with?

You must make creating your healthy environment a top priority, an environment that acknowledges you for what you do and that appreciates you for who you are. Create an environment for yourself where you can continuously progress and feel encouraged to achieve your 30-year health goals.