

Positive influences surround me

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I create an environment that helps me to design the life I want.

I spend time with family and friends who support my goals. We share constructive feedback and hold each other accountable. I ask for the help I need to overcome obstacles and sustain my motivation.

I stock my kitchen with whole foods. I prepare healthy meals and snacks instead of eating restaurant dishes high in calories, salt, and sugar.

I pack my gym bag and leave it by the front door. I make it automatic to visit the gym before work.

I keep my bedroom dark and quiet. I sleep peacefully and wake up feeling refreshed.

I listen to relaxing music during my daily commute. Tuning my car radio to a classical station keeps me calm and alert.

I organize my workspace to increase my productivity. I eliminate clutter. I arrange my chair and desk to encourage correct

posture and efficient movements.

I send myself useful reminders and inspiring messages. I program my phone to let me know when it is time to take a break. **I post my favorite quotes on my bathroom mirror and refrigerator door.**

Today, I take control of my environment. I make it easier to develop healthy habits and stick to them.

Self-Reflection Questions:

1. How does my social life affect my diet?
2. How can I help to create a less stressful environment at work?
3. What is one positive change I can make in my home environment?