

effective environments newsletter



CONSULTANTS TO NONPROFITS, SMALL BUSINESSES & ENTREPRENEURS

ENVIRONMENTS THAT SUPPORT YOUR SUCCESS

Our “success,” however we define it, and our quality of life are a function of our environments. A supportive environment is pivotal to our sense of well-being and our ability to be effective.

We each live inside many environments. *Every area of life has its own environment*, and our environments are the foundation for success in every area of life. Environments directly affect our ability to be self-generating and successful.

Life is composed of a number of commitments, and has many aspects. *It's useful to look at each facet of our lives as having its own environment -- and to look at each environment in terms of whether it supports us in our commitments.*

Elements of Every Environment

Every environment has four components -- purpose, relationship, structure and a physical nature. Each of these

components has a specific role to play in our ability to be successful.

First consider your **purpose** -- your vision for each area of life and how you will measure your success. Purpose keeps us grounded in the big picture, serves as a context for our thinking and our actions and provides a future to live into. Vision keeps us focused on why an area of life matters.

Next, observe your **relationships** with people who are key to your success in each aspect of life. All we accomplish in life involves others. Our relationships with others (and with ourselves) are key to success, whether in business, with family, or even in volunteer activities. Identify the individuals you want participating with you and the qualities you seek in those relationships.

Structure refers to the way we organize ourselves to be effective and successful. This can include the principles that

guide our thinking and actions, the practices we use to stay focused and the ways we manage ourselves, others and the work to be done.

Examining each environment in terms of structure allows us to clarify what is “working” and “not working” and to articulate what is needed for us to succeed. Ultimately, structure provides a framework -- applicable to all circumstances -- that fosters flexibility and fulfillment.

Your **physical** environment is equally critical. Physical things, such as office equipment for your business, instruments for musicians or a garage for a mechanic, support your commitments. More than this, how you organize your physical environment and how you maintain it have a profound impact on outcomes and quality of life.

Using the Four Elements

These four elements of



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environment provide a lens for looking at life -- evaluating what works and what is missing and devising a plan to have you thrive. We will be facilitating this process in a workshop in June (see below). We offer here some simple questions and exercises to get you started.

Make a list of *your* key areas of life and examine each in terms of these four elements. For each area, state what is important, articulate *your* definition of success and assess whether you are set up to succeed.

Purpose. Begin by asking yourself:

- How does this area of life contribute to me?
- What do I see is possible?
- What inspires me?
- What does “success” mean in this area?
- How will I measure it? In what period of time?

Write it all down! Then write down where you are now -- the “what’s so.” Be authentic about what is working and not working. This provides a foundation for building your future.

Relationship. There can be several dimensions to this element. To consider “relation-

ships” in its broadest context, ask yourself:

- Who is critical to my success in this area?
- Is my current relationship with them strong enough to support the results I’m after?
- With whom am I incomplete? And, what is needed to be complete?
- Do I want to cultivate relationships with new people? Who are they?

Again, write it down. Then do these two writing exercises:

1. Describe the relationship you want with each person you see as important in this area of life.
2. Write down what’s working and not working (if anything) with each relationship. Identify any actions you see to take.

Structure. Consider how you will organize yourself and how your environment will operate, by asking:

- What practices will support me in being successful in this area?
- What are the principles that will guide my thinking and actions?
- Am I effective at managing myself and others?

- Do the systems I’m using fully support me in producing the results I’m after?

Consider these two exercises:

1. Write down what’s working and what’s not working about your structure for:

- managing yourself
- tracking and taking actions
- forwarding your projects
- measuring for accomplishment
- using effective practices.

2. Describe what a life of effortless grace and ease would look like. Ask what needs to be in place to make that your reality.

Physical nature. The physical realm in which we live and work has a profound impact on our effectiveness and success. Some key questions to consider here include:

- What are my physical requirements for success in this area of life?
- How will I organize my physical environment for this area?
- How will I maintain it once I set it up?

Describe the physical environment you want for this area of

life. What would it make possible? What is your plan for creating it?

Conclusion

Each area of life demands its own definition of success and an environment that is the foundation for it. By making these distinctions -- "What am I out to achieve?" and "What do I need to achieve it?" -- you gain access to realizing your dreams and authoring life powerfully. Your circumstances will change. Your strategy for living life authentically and creatively in the dance need not.

A WORKSHOP FOR YOU!

The ***Environments for Success Course*** is a **2-day** workshop where you will:

- Articulate your personal definition of success in life,
- Identify the environments that affect your success,
- Determine what is needed to ensure each environment supports you completely,
- Generate a plan for setting up YOUR effective environments, and
- Learn how to establish and maintain environments that contribute to your quality of life.

You ***leave with a workbook*** to guide you in completing the

process of creating, maintaining and changing your environments for success.

This weekend is for people who truly are committed to authoring a life of fulfillment and to examining new ways of thinking and acting to realize their dreams.

Call us today to register.

TUITION: \$500.00

DATES: June 26 - 27, 2004