



Mindset Musing #11: Ideas to Create a Supportive Physical Environment

The physical space around you (e.g., home, work, car) may be sending you messages that reinforce your Inner Critic. Intentionally creating physical reminders that 1) incite any of your senses (sight, sound, touch, smell, or taste) and 2) reflect your Inner Champion Voice, will help you Master Your Mindset. The list below provides a variety of tips and examples for how you can structure your physical space to help you stay grounded in your purpose, commitments, and goals.

- Post-it notes (e.g., with your Mantra, favorite quotations, or Inner Champion phrases)
- Gratitude journal
- Framed photograph of Personal Mission Statement
- Pictures (any image or photograph that embodies your Inner Champion Voice, your goals, your values, etc.) – vision board, framed, screen-saver image
- Music – Have an accessible playlist of songs that support your Inner Champion Voice
- Outlook, iCalendar reminders for you to take a gratitude moment, breathe, speak out loud an Inner Champion phrase or use websites/apps (e.g., www.stretchclock.com) for stretching or breathing reminders
- Aromas that create positive emotions
- Foods or drinks eaten or sipped mindfully (e.g., dark chocolate, green tea)
- Sacred space – Consider the following in creating your own sacred space*
 - Begin with emptiness and set your intention
 - Avoid electronic equipment
 - Use soothing colors and soft, indirect light
 - Select meaningful objects
 - Choose art that speaks to your soul
 - Use plants and nature to inspire

**Used with permission from Catherine Ashton, Sacred Spaces Interiors (www.sacredspacesinteriors.com)*

Contact Marcie at 708.373.9613 for additional support in creating your supportive physical environment.